

**Curriculum Vitae**

**Dr. Suha Hashim Abdul-Elah Abdul-Jawad**

1441 AH / 2019 AD

### **Personal Information:**

**Name:** Suha Hashim Abdul-Elah Hamza Abdul Jawad

**Nationality:** Saudi Arabian

**Main major:** Nutrition

**Specific Major:** Human Nutrition

**Grade:** Associate Professor

**Place of Work:** Taibah University, College of Family Sciences

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### **Academic Degrees:**

- 1- Master of Science in Human Nutrition (M.E.MD) - Department of Nutrition and Food Science - King Saud University - Saudi Arabia - Excellent grade in courses- 24/06/1998.
- 2- PhD in Human Nutrition (Ph. D) - Department of Nutrition and Food Science - King Saud University - Saudi Arabia - Excellent grade in courses - 24/06/2008  
- The title of the thesis is:  
**Effect of Lycopene Extracted from Tomatoes on Oxidative Stress and Bone Metabolism in Rats.**
- 3- Professional Classification Certificate, Senior Specialist in Food and Nutrition Services Decision no. 0093456-2018 dated 6/1/1440H.

### **Teaching and training experiences**

- Teaching experience from 1422 H in the field of specialization to date - supervising graduation projects.
- Training experience from 1431 H to date (administrative courses - health courses - human management courses) Taiba University in the Deanship of Development - City Development Authority - Family Association - Center for The Cessation of The Haramin - Ministry of Health - Internal and External Conferences).
- Teaching experience in e-learning from 1437 Ah - Certificate of Thanks from the Director of Tyiba University in 1441.

### **Practical and administrative experiences in the university:**

- 1- Re-appointed as a Dean of College of Family Sciences for Girls at Taibah University upon the Ministerial decision No. 55857 dated 07/05/1435 AH for two years and a member of the University Council;

- 2- **Re-commissioned as an assistant Dean of Undergraduate Studies, along with the deanship Faculty of Family Sciences,** upon the university director's decision No. 92/d dated 02/02/1436 AH;
- 3- **Commissioned as Dean of Community College– Al-Hanakia for one year ,** upon the university director's decision No. 93/d 62/1437
- 4- **Re-commissioned as an assistant Dean of Undergraduate Studies – Al-Salam Branch,** upon the university director's decision No. 90/d 4/2/1437H.
- 5- **Commissioned as an assistant Dean of Undergraduate Studies, for one year,** upon the university director's decision No. 117/d dated 09/02//1438.
- 6- **Commissioned as an assistant for the test center administrator Dean, for one year,** upon the university director's decision No. 712/d dated 22/08/1438 .
- 7- Assignment chaired by committees of Qiyas Test center " General capacities – Achievement test – teacher competencies – graduate capacities – talent – Electronic University ) from 1430 up to date.
- 8- **Commissioning of committees for distance learning and advanced enrollment tests** Mohammed bin Saud Islamic University – from 19/6/1433 to 28/10/1437.
- 9- **Presidency of the women delegation to the Janadriya Festival 26-27-28-29-30-31** Emirate of Medina from 1/4/14332 to 10/06/1438
- 10- **Re-commissioned as an assistant Dean of Undergraduate Studies, along with the deanship duties,** upon the university director's decision No. 86/d dated 02/02/1435 AH;
- 11- **Head of (Qiyas) the National Center for Assessment in the Higher Education Tests Committees** on 24/04/1435 AH;
- 12- **Head of women delegation at Al Janadria Festival 29 - Principality of Madinah** on 16/04/1435;
- 13- **Head of Proficiencies Tests Committees for Female Teachers,** on 17/04/1435 AH;
- 14- **Head of Proficiencies Tests Committees for English Female Teachers,** on 28/03/1435 AH;
- 15- **Head of university students tests committees** on 26/03/1435 AH;
- 16- **Head of e-university tests committees** on 24/03/1435 AH;
- 17- **Head of (Qiyas) tests committees** on 16/02/1435 AH;
- 18- **Head of general aptitude tests (Qiyas) committees** on 09/02/1435 AH;
- 19- **Head of General Aptitude Tests (Qiyas) Committees** on 02/02/1435 AH;
- 20- **Commissioned as dean of College of Family Sciences at Taibah University,** from 29/01/1435 AH to 07/05/1435 AH;
- 21- Commissioned as assistant dean of
- 22- **Head of General Aptitude Tests (Qiyas) Committees** on 25/01/1435 AH;
- 23- **Head of Standardized Test of English Proficiency Committees** on 25/12/1434 AH;
- 24- **Head of post graduates' tests committees** on 24/12/1434 AH;
- 25- **Head of (Qiyas) tests committees** 23/11/1434 AH;

- 26- **Commissioned as an assistant Dean of Undergraduate Studies, along with the Deanship duties**, upon the university director's decision No. 56/d dated 03/02/1434 AH;
- 27- **Head Standardized Test of English Proficiency committees** on 13/10/1434 AH;
- 28- **Head of Test of Proficiency for female teachers** on 08/11/1434 AH;
- 29- **Head of the measurement and achievement tests committees for girls colleges complex center** in Al Salam form 14/04/1431 AH to 02/05/1434 AH;
- 30- **Head of women's delegation at Al Janadria Festival 28** - Principality of Madinah 28/05/1434 AH;
- 31- **Head of post graduates' tests committees** on 14-16/04/1434 AH;
- 32- **Head of Test of Proficiency for female teachers** on 4-7/04/1434 AH +1-2/05/1434 AH;
- 33- **Dean assistant of undergraduate students for the Girls' Campus at Al Salam Road** for a year upon the university director's decision No. 56/d dated 03/02/1434 AH;
- 34- **Supervisor of Imam Muhammad bin Saud Islamic University for developed affiliation** of external students 19/6/1433 AH;
- 35- **Head of women's delegation at Al Janadria Festival 27** – from 16/03/1433 AH -Principality of Madinah;
- 36- **Renewal of the decision of supervision on the Girls' Campus at Al Salam Road upon the university director's decision** as of 04/02/1433 AH for one year and **Head of the Advisory Committee** in the complex
- 37- **Re-appointed as a Dean of College of Family Sciences for girls** at Taibah University upon the Ministerial decision No. 5304 dated 03/02/1433 AH for two years and a member of the University Council;
- 38- **Head of women delegation at Al Janadria Festival 26** – from 07/05/1432 AH - Principality of Madinah;
- 39- **Head of Mawhiba Tests Committees - King Abdul Aziz Center for Science and Technology** from 02/02/1431 to 23/05/1434 AH;
- 40- **Appointed as a Dean of College of Family Sciences for Girls** at Taibah University upon the Ministerial decision No. 1647 dated 03/02/1431 AH for two years along with being a member of the University Council;
- 41- **Supervision on the Girl's campus at Al Salam Road upon the university director's decision** as of 04/02/1431 AH for one year and **Head of the Advisory Committee** in the complex;
- 42- **Member of the Advisory Committee** at Taibah University from 22/02/1430 AH to date;
- 43- **Commissioned as the dean of College of Family Sciences** at Taibah University from 01/05/1430 AH to 02/02/1431 AH;
- 44- **Head of measurement tests committees for Education Center** from 07/24/1430 to 01/08/1430 AH;

- 45- **Head of the Department of Home Economics and Art Education** - College of Education for Girls from 10/10/1430 to 01/05/1430 AH;
- 46- **Member of the council of College of Education for Girls** from 10/10/1430 AH to 01/05/1430 AH;
- 47- **Secretary of the council of College of Education for Girls** from 10/10/1430 AH to 01/05/1430 AH;
- 48- **Assistant professor of nutrition at the Department of Home Economics and Art Education** at College of Education for Girls at Taibah University upon the university director's decision No. 5729 dated 02/03/1430 AH;
- 49- **Associate specialist in nutrition and diets in King Khalid University Hospital for 3 months** from 22/05/1429 AH to 24/08/1429 AH;
- 50- **Member of tests management and control** in the National Center for Assessment during the academic year 1429-1430 AH;
- 51- **Head of the Public Relations Committee** from 21/07/1424 AH to 21/07/1425 AH;
- 52- **Member of the college council of Scientific sections in College of Education for the Preparation of Female Teachers** from 12/05/1424 AH to 03/06/1425 AH;
- 53- **Head of the department of kindergarten in the academic section of College of Education for the Preparation of Female Teachers** from 12/05/1424 AH to 03/06/1425 AH;
- 54- **Head of the tests management committee in the academic section of College of Education for the Preparation of Female Teachers** from 01/04/1423 AH to 23/07/1425 AH;
- 55- **Member of the disciplinary and investigation committee at College of Education for the Preparation of Female Teachers** from 01/04/1423 AH to 23/07/1425 AH;
- 56- **Supervision of female students field training** from 05/05/1421 AH to 06/05/1424 AH;
- 57- **Member of the Test Scoring Committee of the department of Home Economics and Art Education** at College of Education for the Preparation of Female Teachers from 15/03/1420 AH to 12/01/1421 AH;
- 58- **Lecturer in the Department of Home Economics and Art Education** - College of Education for the Preparation of Female Teachers from 09/03/1420 AH to 02/03/1430 AH.

#### **Academic and Administrative Committees in the university:**

- 1- **Member of the University Standing Committee for scholarship and training** upon the university director's decision No. 210/d dated 29/03/1435 AH;
- 2- **Deputy Head of the Planning, preparation and supervision committee for the female students' graduation ceremony at Taibah University for the year 1434/1435 AH** upon the university director's decision No. 219/d dated 03/04/1435 AH;
- 3- **Member of the committee for contracting with teaching staff, Jordan, dated 26/02/1435 AH;**

- 4- **Member of the committee of studying the recommendations of the career position for contracting of self-resources at the Girls' Campus** upon the university agent's decision No. 143499828 dated 07/08/1434 AH;
- 5- **Member of the committee of studying the recommendations of the career position at the Girls' Campus** upon the university Deputy's decision No. 143499812 dated 07/08/1434 AH;
- 6- **Member of the committee of studying the recommendations of the career position for contracting of self-resources at the Girls' Campus** upon the University Deputy's decision No. 143499828 dated 07/08/1434 AH;
- 7- **Member of the Standing Committee of university places distribution** upon the university director's decision No. 367/d dated 04/07/1434 AH;
- 8- **Deputy Head of the Advisory Committee for Undergraduate Studies Deanship** upon the university director's decision No. 304/d dated 10/06/1434 AH;
- 9- **Deputy Head of the Planning, preparation and supervision committee for the female students' graduation ceremony at Taibah University for the year 1433/1434 AH** upon the university director's decision No. 271/d dated 07/05/1434 AH;
- 10- **Head of the Sub-Committee (facilities and equipment) and member of the basic committee (Drafting Committee) for the institutional developmental evaluation** upon the university director's decision No. 577/d dated 30/11/1433 AH;
- 11- **Member of the committee of participations in the pavilion of Taibah University at the International Exhibition for Higher Education** upon the university director's approval given in the letter No.1869 dated 02/03/1434 AH;
- 12- **Head of committee of the activities associated with the family and child book fair and early learning in Taibah University and a member of the Supervisory Committee** upon the university director's decision No. 262/d dated 01/05/1434 AH;
- 13- **Member of the committee on activation mechanism of suspension of food and nutrition program at the College of Family Sciences** upon the decision of the University Deputy for academic affairs No. 143439568 dated 29/03/1434 AH;
- 14- **Member of the committee for studying the proposal of establishing a (multi-purpose cooperative society for occasional students of Taibah University)** upon the university director's decision No. 148/d dated 02/03/1434 AH;
- 15- **Member of the committee for contracting with teaching staff** under the university director's decision No. 32/d dated 24/01/1434 AH;
- 16- **Member of the Standing Committee for disciplining female students at the university** for one year under the university director's decision No. 578/d dated 30/11/1433 AH;

- 17- **Member of the committee for studying the requirements of the female students' university accommodation and branches** upon the university director's decision No. 568/d dated 27/11/1433 AH;
- 18- **Member of the advisory committee of the deans** for one year upon the university director's decision No. 507/d dated 01/11/1433 AH to date;
- 19- **Member of the Committee for rehabilitating the buildings of the girl's colleges** for one year upon the university director's decision No. 487/d dated 16/10/1433 AH;
- 20- **Member of the committee for considering the proposals of the declared leading positions** at the university under the university director's decision No. 354/d dated 16/06/1433 AH;
- 21- **Member of the committee for contracting with teaching staff** in (Egypt - Jordan – Tunisia) upon the university director's decisions No. 42 and 43/d dated 16/01/1433 AH;
- 22- **Rapporteur and Member of the exploratory committee** for the labor market needs of female graduates in the engineering specialties and adaptation of women's work in these specialties upon the university director's decision No. 82/C/33 dated 06/02/1433 AH;
- 23- **Member of the Supervisory Committee on Career Day** upon the university director's decision No. 121/d dated 14/02/1433 AH;
- 24- **Head of the Supervisory Committee on Taibah University's competition held in the Girls' Campus at Al Salam** upon the university director's decision No. 116/d dated 14/02/1433 AH;
- 25- **Member of the Women's Committee of the activities of the cultural Taibah University forum** for the academic year 1433 AH upon the university director's decision No. 111/d dated 10/02/1433 AH;
- 26- **Member of the Committee** of accepting the female students in certain departments in the College of Engineering such as electrical engineering Dept. and in the Computer Sciences and Engineering College upon the university director's classified decision No. 82/C/33 dated 06/02/1433 AH;
- 27- **Member of the Supervisory Committee on Career Day** upon the university director's decision No. 321/d dated 30/02/1432 AH;
- 28- **Deputy Head of the standing committee for raising female students' awareness of the availability of the job and investment opportunities in the labor market** for one year upon the university director's decision dated 01/08/1432 AH;
- 29- **Member of the committee for studying the proposal of establishing the multi-purpose cooperative society for occasional students of Taibah University** under No. 65/d dated 19/01/1432 AH under the decision of the director of Taibah University;
- 30- **Head of the committee of the timetables of Al Salam academic complex** upon the university director's decision No. 318/d dated 27/03/1432 AH;

- 31- **Deputy Head of the Supervisory Committee on the fourth Career Day at Girls' Campus** upon the university director's decision No. 321/d dated 30/03/1432 AH;
- 32- **Head of the committee of the 4<sup>th</sup> Career Day side exhibits** at Girls' Campus by the university director's decision No. 321/d dated 30/03/1432 AH;
- 33- **Approved Trainer by King Abdul Aziz Center for national dialogue for promoting the culture of dialogue under the thirty hour training program approved for promoting the culture of dialogue** for Taibah University affiliated female students and working staff members during the period 24-28/05/1431 AH corresponding to 8-12/05/2010 AD;
- 34- **Member of the main committee of the symposium of higher education of girls** held on 18-21/01/1431 AH;
- 35- **Member of the main committee for evaluating the institutional performance of quality and development** dated 15/06/1431 AH until the end of the committee's work;
- 36- **Deputy Head of the main committee for following up the evaluation and quality performance** in the Girls' Campus at Taibah University from 15/06/1431 AH to date;
- 37- **Head of the committees of (interviewing female demonstrators and lecturers)** from 12/06/1431 to date;
- 38- **Member of the Standing High Committee for community service** upon an administrative decision No. 548/d dated 19/12/1430 AH to date;
- 39- **Head of the committee of (interviewing female demonstrators)** from 04/07/1430 AH to 15/07/1430 AH;
- 40- **Head of the general committee for developing academic plans related proposals and programs for College of Family Sciences** at Taibah University from 15/05/1430 AH to date;
- 41- **Member of the Committee of amendment of the field training forms of College of Education for the Preparation of Female Teachers - Madinah** from 05/05/1423 AH to 10/12/1423 AH.
  - Member of the Committee to study candidacies for leadership positions, upon a decision from His Excellency Manager of Taibah University no. 640/g in 14/11/1435
  - Member of the Standing Committee to follow up the services provided by the service providers at the University upon the decision of His Excellency Taibah University Manager no. 261/g in 20/4/1436H.
  - Member of the Standing Committee for General Supervision and Preparation For the participation of Taibah University at the Sixth International Fair for Higher Education upon decision no. 691/g dated 2/12/1435H.
  - Member of the committee to study workshop topics which will be presented by the university at the 6th International Exhibition, for higher education upon the university director's decision no. 143644238 dated 8/4/1436H.

- Member of the research committee on the problem of behavioral violations related to female students in the Faculty of Arts and Humanities upon a decision of Her Excellency the Dean of Undergraduate Studies no. 143644238 in 8/4/1436H.
- Member of the Standing Committee for Contracting Affairs with faculty members upon the university director's decision no. 98/g I 3/3/1436
- Head of Family Science Research Center, upon the university director's decision no. 298/g dated 10/5/1436
- Member of the Standing Advisory Committee of the Deanship of University Studies for two years upon the university director's decision no 98/g dated 7/2/1437.
- Member of Planning, Preparation and Supervision Committee of Graduation ceremony for students for the academic year 1436/1437 upon a decision of Her Excellency the Dean of Undergraduate Studies no. 143757574 dated 9/5/1437H.
- Vice President of the Committee for the inventory and preparation of distribution of correspondence on the sectors of female students upon a decision of Her Excellency the Dean of Undergraduate Studies no. 143795057 dated 11/8/1437
- Chairperson of the Communications Committee with the public , Deanship of Admission and Registration, at Al-Hanakia Branch upon her excellency the Dean of Undergraduate Studies no. 1437107026 dated 11/9/1437.
- Member of the Advisory Committee of the Deanship of Undergraduate Studies for one year upon the university director's decision no. 221/g dated 12/3/1438H.
- Member of the Committee for the distribution of sites and places of sectors for students, for one year upon the university director's decision no. 452/g dated 19/05/1438.
- Member of the Advisory Committee of the Faculty of Family Sciences upon the university director's decision no. 22/g dated 22/06/1438.

### **Membership of Scientific Societies:**

- **Member of Saudi Society for Food and Nutrition** since 2006 to date;
- **Member of Saudi Society of Family and Community Medicine** since 2007 to date;

- **Member of Saudi Society of Osteoporosis** since 2007 to date;
- **Member of Saudi Society for Clinical Nutrition** since 2011 to date;
- **Member of National society for assessment of the higher education**, 2013.

### **Conferences, Symposiums and Seminars:**

- 1- Participate in the Forum of Higher Education Institutions Leaders - Riyadh 07/05/1435 AH;
- 2- Attend Madinah Investment Forum 12/04/1435 AH;
- 3- Attend the Government Organizations' Leaders Conference - Economic Knowledge City, 29/03/1435 AH;
- 4- Visit to the Ministry of Awqaf in Kuwait "support community partnership", 03/03/1435 AH;
- 5- Attend the program of National Commission for Academic Accreditation and Assessment "**external reviewers training**" in Riyadh, 14-17/01/1435AH;
- 6- Attend the program of National Commission for Academic Accreditation and Assessment "**Courses descriptions and reports**" in Al Khobar, 22-23/02/1435AH;
- 7- Attend the program of National Commission for Academic Accreditation and Assessment "**Performance Indicators and Reference Comparisons**" in Riyadh on 23-24 /04/1434 AH;
- 8- Attend the **AICR Annual Research Conference, 2013 on food, nutrition, physical activity in relation to cancer** – America, 03/05/1434 AH;
- 9- Attend the third forum of the Higher Education Institutions Leaders "Together towards the Cognitive Future" Riyadh 02/05/1434 AH;
- 10- Attend the program of National Commission for Academic Accreditation and Assessment "**Performance Indicators and Reference Comparisons**" in Riyadh 23-24 /04/1434 AH;
- 11- Attend the Sixteenth International Conference of the leaders - Dubai - 23-24/04/1434 AH;
- 12- Attend Vienna Book Fair on 08/01/1434 AH;
- 13- Participate in the symposium of (Knowledge Management) – Jeddah, Institute of Public Administration, General Directorate of Higher Programs, 10/02/1434 AH;
- 14- Attend the training program of quality assurance and institutional and programmatic assessment - Riyadh, 16/11/1433 AH;
- 15- Participate in the Young Leaders Forum of the Department of Education in Madinah, Jumada II 1433 AH;
- 16- Attend the Conference of Metabolic Syndromes – Lebanon, 25 - 06/26/1433 AH;
- 17- Attend the 2<sup>nd</sup> the Forum of Higher Education Institutions Leaders "Excellence, Locally and Globally: Keeping pace with" Development ", Riyadh 26/06/1433 AH;
- 18- Attend the International Exhibition & Conference on Higher Education, Riyadh 25-28/05/1433 AH;

- 19- Attend the 15<sup>th</sup> Women Leaders Conference - United Arab Emirates – Dubai, 14-15/4/1433 AH;
- 20- Attend the 1<sup>st</sup> International Conference on Halal Food Control & Exhibition, Riyadh – 20-23/03/1433 AH
- 21- Participate in the 1<sup>st</sup> Forum of Higher Education Institutions Leaders – “Interconnection and exchange of experiences” - Ministry of Higher Education – Riyadh, 2-4/02/1433 AH;
- 22- Attend the International Conference (obesity and obesity-cancer relationship (prevention and treatment) Dammam - King Fahd Hospital, 6-7 Dhul Qidah, 1432 AH;
- 23- Participate in the symposium of (Development of the skills of teaching and training staff) – Institute of Public Administration, General High Directorate of Programs, 27-29/06/1432 AH;
- 24- Participate in the symposium of (problem analysis and decision-making) – Institute of Public Administration, General High Directorate of Programs, 6-8/06/1432 AH;
- 25- Participate in the symposium of (Change Management) – Institute of Public Administration, General High Directorate of Programs, 23-25/03/1432 AH;
- 26- Attend the International Exhibition & Conference on Higher Education, 19-22/05/2011 Riyadh;
- 27- Participate in the symposium of (Employees' Functionality Assessment) – Institute of Public Administration, General High Directorate of Programs, 22-24/04/1432 AH;
- 28- Attend the International Conference of obesity (founded by Sheikh Sulaiman Al-Shihri) Riyadh - King Saud University, 15-17/03/2011;
- 29- Participate in the symposium of (Dispute Management in Work Environment) – Institute of Public Administration, General High Directorate of Programs, 6-8/02/1432 AH;
- 30- Attend the Contemporary women leadership development program in academic institutions at Taibah University from 18-19/01/1431 AH;
- 31- Attend the training workshop entitled (Programs Assessment based on NCAAA's Standards and Documents) from 8-9/02/1431 AH, held in Riyadh by the National Commission for Academic Accreditation and Assessment;
- 32- Attend the workshop of strategic draft plan of Taibah University - Princess Nora Bint Abdulrahman University, 4-5/02/1431 AH;
- 33- Attend the preparatory meeting of the 1<sup>st</sup> scientific conference for students of the higher education in the Kingdom of Saudi Arabia, held at Princess Nora Bint Abdulrahman University on 5-6/02/1431AH;
- 34- Attend the International Scientific Forum (Excellence in Post Graduate Studies programs: Challenges and Solutions), held at King Saud University on 26-27/01/1431 AH;
- 35- Attend the training workshop entitled "Distance Education and Learning Excellence", held at Taibah University on 16-17/01/1431 AH;

- 36- Attend the activities of the 7<sup>th</sup> meeting of Science faculties' deans, members of the Association of Arab Universities and the side Scientific Workshop, during the period from 2-4/10/1430 AH corresponding to 12-14/10/2009 AD;
- 37- Attend the 2<sup>nd</sup> National Conference of Quality in Higher Education under the auspices of the Custodian of the Two Holy Mosques, King Abdul-Aziz Al Saud – during the period from 6-8/11/1430 AH;
- 38- Participate in the activities of the 7<sup>th</sup> meeting of faculties' deans, members of the Association of Arab Universities and the side Scientific Workshop, held at Taibah University - during the period from 2-5/10/1430 AH;
- 39- Attend the conference of (Biotechnology: Reality and Applications) Taibah University during the period from 11-13/04/1430 AH;
- 40- Attend Taibah International Chemistry Conference for the period of 27-29/04/1430 AH;
- 41- Attend (the 3<sup>rd</sup> Scientific Meeting of Nutrition - malnutrition diseases), held on 12-13/10/1428 AH, the center of Al Khobar, Kingdom of Saudi Arabia;
- 42- Participate in the 4<sup>th</sup> Saudi Conference on Food and Nutrition, during the period from 19-21/11/1427 AH, King Fahd Cultural Center, Riyadh, Kingdom of Saudi Arabia.
  - Attending the strategic plan review workshop 1/3/1436
  - Attending a conference on measuring the performance and application of the system of key indicators and its role in promoting the overall quality in the universities of the Arab world 1436.
  - Attending the activities of the Scientific Secretariat of the National Committee for Combating Drugs 28/2/1438.
  - Attendance of the Workshop (Administrative Leadership) The Institute of Public Administration for Senior Programs, 14-16/6/1438H.
  - Attend the International Conference on Growth and Developmental development for children and Infants – Dubai 14-16/3/2018.
  - Make a presentation about obesity in the interactive platform At the Food and Drug Conference which was held in Riyadh in 25-27/9/2018l.

**Seminars, Lectures, Programs and Workshops:**

- Instructor of Program "Food Planning" Deanship of Academic Development, 26-27/01/1434 AH;
- Participate in Conference Of Functional Foods/ University of St. Barbara with a research, titled "Comparison between Natural and Manufactured Tomato Products on some indicators of oxidative stress in high-fat diet fed-rats", California 1-4/05/1433 AH;
- Symposium on Nutrition and Sports, Riyadh - Saudi Society for Clinical Nutrition, 25-12-1433 for 7 hours credited by the Health Authority of Medical Specialties - Ministry of Health;
- Attend a symposium on restructuring colleges in Riyadh on 22/11/1433 AH;

- Attend the side workshops of the International Conference (obesity and obesity-cancer relationship (prevention and treatment) Dammam - King Fahd Hospital – for 18 hours credited by the Saudi Ministry of Health on 6-7/1432 AH;
- Attend the training course of the Nutritional Health Balance Program and Arab Food Analysis Program – Dammam, 06/11/1432 AH;
- Attend the International Conference of obesity side workshop (founded by Sheikh Sulaiman Al-Shihri), Riyadh, King Saud University during the period 15-17/03/2011 for 14 hours credited by the Health Authority of Medical Specialties - the Ministry of Health;
- Attend the workshop of (Obesity: Challenges and Regulation) - University of the United Arab Emirates for 14 hours credited by the Ministry of Health UAE - Abu Dhabi - 2010, from 19/21/2010;
- Attend the workshop of (planning and following up the academic guidance and other student services) - NCAAA on 26-27/10/1431 AH;
- Attend the workshop of (**programs and courses description**) - NCAAA during the period 9-20/11/1430 AH;
- Attend a training program titled administrative leaders skills from 28/10/1430 AH to 02/11/1540 AH;
- Attend a training program titled (personal effectiveness of teaching staff members) from 13/06/1430 AH to 15/06/1430 AH;
- Participate in the workshop (quality assurance and programmatic assessment) - Taibah University, during the period of 1-2/06/1430 AH;
- Participate in the workshop (academic Accreditation - applications and mechanisms of quality and academic accreditation in teacher preparation programs, (NCATE) Taibah University, during the period of 23-25/05/1430 AH;
- Participate in the workshop (Educational Blogs), Taibah University on 23/03/1430 AH;
- Instructor in the course (planning meals) side workshop during the period from 29/04/1429 AH to 02/05/1429 AH in Saudi German Hospital in Riyadh;
- Lecturer in the scientific lectures in the International Symposium of Muslim Youth on nutrition, obesity and osteoporosis;
- Lecturer in the scientific lectures in Taibah Charity Village for women in charge of child nutrition and ways of preparing healthy meals;
- Lecturer in the scientific lectures in Taibah Charity Village for women in charge of nutrition on ways of preparing healthy meals for the children;
- Instructor in the workshop (Eshraqa club - International Symposium for Youth) How do you plan and improve your meals;
- Instructor in the workshop (Eshraqa club - International Symposium for Youth) Using food calorie tables and calculating calories;

- Instructor in a workshop in (the 3<sup>rd</sup> scientific meeting of nutrition - malnutrition diseases) 12-13/10/1428 AH, the center of Al Khobar, Kingdom of Saudi Arabia;
- Participate in the symposium on osteoporosis, 22/04/1428 AH, Al-Habib Center - Riyadh, Kingdom of Saudi Arabia;
- Participate in a symposium for Saudi Osteoporosis Society at Prince Salman Social Center - Riyadh, 06/09/1428 AH, entitled (osteoporosis and its spread in the Kingdom of Saudi Arabia).
- Supervising scientific sessions Measuring the performance and application of the system of key indicators and its role in promoting the overall quality in the universities of the Arab world 1436.
- Attended the Applied Seminar (Strategic Planning) - Institute of Public Administration – Dammam during 29/12/1436 – 2/1/1437.
- Arbitration 15 Research of research proposals of food research (King Abdullah Bin Abdul Aziz city for Science & Technology ) 1/8/1435 -36-37.
- Attended the Applied Seminar (Administrative Leadership) - Institute of Public Administration – Riyadh 14-16/6/1438.
- Presentation of scientific lecture (paper) Research entitled (relationship of consumption of fast food to obesity) in the Conference on nutrition and prevention of obesity – USA 1-2/10/2018.
- Trainer of the training program " The art of leadership and teamwork" University Development Deanship 24-25/2/1439
- Trainer of the training program "Rules of Success in Management" University Development Deanship 21/02/1440.
- Trainer of the training program " The art of leadership and teamwork" A gallery of Medina literature and intellectuals 28/02/1440.
- Attended a development course ( Training of trainers course ) at Riyadh Training Center during 9-14/4/1440 (30) training house for (6) days.
- Complete an electronic training course (self-leadership first) Droop Program – King Abdul Aziz University.
- Instructor of the training program "Effect of leadership on job performance" Deanship of university development 09/06/1440H.
- Instructor of the training program "Distinguished Leadership Creativity and Innovative Organizational Preparation for Teams", **Center for The Cessation of The Haramin** 25/8/1440 AH.
- Trainer for the training program "Time Leadership Skills", **Center for The Cessation of The Haramin** 11/26/1440 AH.
- Trainer for the training program "Crisis management skills in the work environment" **Center for The Cessation of The Haramin** 27/1/1441 AH.
- Participation in three lectures at the symposium of emergency medicine and nutrition in hospitals located in Dammam 1-4 - 2-1441 AH

## List of Books:

\*سها عبدالجواد , ٢٠١٨ , كتاب الارشاد والتثقيف الغذائي ; جامعة طيبة ; 978-603-91109-0-3;

\*سها عبدالجواد, ٢٠١٥ , كتاب المسوحات الغذائية ; مكتبة الشقري; الردمك; ٩٧٨-٦٠٣-٠١-٠٠٠٠٠-٠٠٠٠٠٠٠

\*منال حسنين، سها عبدالجواد, كتاب مقدمة في الصحة والتغذية (كتاب جامعي) ; جامعة طيبة ; تحت النشر

## List of published and Publishable research

\*سها عبدالجواد، حمزة أبو طربوش، خالد النمير ، زينب أحمد باباي.(٢٠٠٩). تأثير الليكوبين المستخلص من الطماطم على الإنزيمات المضادة للاكسدة في الجرذان. الجمعية السعودية للغذاء والتغذية، ١:٢٥ - ٢ .

\*سها عبدالجواد، حمزة أبو طربوش، خالد النمير ، زينب أحمد باباي.(٢٠١١). تأثير الليكوبين المستخلص من الطماطم على تمثيل العظام في الجرذان. المجلة العربية للغذاء والتغذية، ٥٦:٨٤-١١ .

\*سها عبدالجواد،أماني عبدالفتاح علي.(٢٠١١).الثقافة الصحية لدى طفل الروضة وعلاقتها بمستويات قراءة الصور.المجلة المصرية للقراءة والمعرفة، ١٣٥:١٧١-١٢١ .

Ismail, R and Abuljawad,S.2010, Potential effect of Egyption Ann Apple Pomace(Maluus domestica,Rosaceae) Supplementation on Kidney Fncion, Liver Function and Lipid Profil of Diabetic Rats,World Applied Sciences Journal.5(1):58-66.

Alnashar,N and Abuljawad,S.2011, Comparison of Lycopene and Tomato-based Products Effectson Cardioprotective Biomarkers in rats Supplemented with a High Fat Diet.2011.Functional food in health and disease,2(5):151-156.

Abduljawad,S.2012.Effect ofRoselle (Hibiscus Sabdariffa L.) on serum levels ofleptin hormone,blood sugar, lipid profil and weight reduction of Albino Rats Suffering From Obesity..Egyption Journal of Nutrition,2:17:177-199.

Abduljawad,S.2012.Potential effect of Vitamin C as Antioxidant COMBINED WITH Mixture of Zinc and SELNIUM ON LIPIDS AND LIVER Function in DIABETIC rats;Egyption Journal of Nutrition,2:17-39;

Hasanein ,M; Abduljawad, S and Abdulmajeid, A.2012,Effect of water Extract prepared from green tea , Black tea and Cinnamon on obease rats suffering from Diabetes World Applied Sciences Journal.20(7):976-987;

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Hasanein,M, and Abdul Jawad,S,2014, Prevalence of obesity and risk factors among female school-aged children in primary school in Madinah Munawarah Life Science Journal .11(7) 424-433;

El-Refaei1, M,Abduljawad, S and Ahmed. Alghamdi, H ,2015,Alternative Medicine in Diabetes – Role of Angiogenesis, Oxidative Stress, and Chronic Inflammation., Journal of the Society for Biomedical Diabetes Research, Rev Diabet Stud,( 11):231-244;

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El-Naaa ,N,El-Refaeib ,M, Nasifb,W, Abduljawadd ,S, El-Brairy ,E and El-Readic,M,2015, In-vivo antioxidant and anti-inflammatory activity of rosiglitazone, a peroxisome proliferator-activated receptor-gamma (PPAR- $\gamma$ ) agonists in animal model of bronchial asthma. Journal of Pharmacy And Pharmacology(67): 1421–1430;

Attia,E and Abduljawad,S,2015, Effect of Food Habits and Nutritional Awareness on Body Mass Index and Health Status Among Girls Adolescents of Intermediate Schools in Madinah Munawara. ,Research Journal Specific Education (38)1-18;

Abduljawad S, El-Nashar,N and EL-Tahan,N,2017, BIOLOGICAL STUDIES ON SOME NUTRITIONAL PRODUCTS SUPPLEMENTED WITH FISH OIL FOR HYPERLEPIDMIC RATS. INTERNATIONAL JOURNAL OF ADVANCED RESEARCH(IJAR). 5(9): 1499-1507;

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سها عبدالجواد ، ٢٠٢٠م ، تأثير زيت السمك المدعم في بعض المعجنات البييتزا كمثل على الهرمونات الانثوية وبعض مكونات دهون الدم في اناث الجرذان المصابة بارتفاع دهون الدم المستحث ;المجلة العربية للغذاء والتغذية ; تحت النشر .