

The Ideal Family?

Adapted by: Eiman Sulaiman Al-Hajri

"YOU can do this Carl. Just go in there and do it." As he walked down the quiet neighbourhood, he could hear his feet falling upon the dried leaves that the trees had shed upon the pavement. "Relax. Take a deep breath." He started unlocking the back door expertly with his pin. "Do not panic. Whatever you do, do not back down." He could hear his heart drum in his ears and was terrified for he thought that the residents of the house would be awakened by it. "Get a grip on yourself. You've thought about this a thousand times. Orchestrate it the way you had planned it and enjoy every minute of it." The living room. He noted the wide screen television set and movies placed next to it cradled upon a shelf. Greece, Saturday Night Fever, The Lion King, Gertrude, The Sound of Music. A

grandfather clock stood on the side with its handles pointing towards midnight. His eyes scanned the room carefully. A long glass coffee table was placed ideally in front of the cushioned sofa. Magazines were laid out attentively upon it. A long Chinese dining table stood majestically at the end of the room with a huge crystal vase of flowers. His feet carried him into the immaculately kept kitchen. Everything seemed to have been in place. He saw the rays of the moon light piercing their way through the polished glass windows upon the spotless counters. The smell of disinfectants seeped their way through to his nostrils. "God, that'll give me a headache." Upstairs now. Stealthily he walked into a room filled with model airplanes hanging from

the ceiling. A globe that was giving off blue, yellow, and green colours was glowing at the corner of the room. How the little boy lay there sleeping peacefully was beyond Carl's understanding. His hair fell upon his forehead and his left hand cupped his resting angelic face. The pink room. As he walked in he felt the China dolls placed on the shelves piercing him with their stare. "An intruder," that is what they said. Their eyes and demeanor made him feel as though he were not meant to be there. As he looked at them, he remembered a time long ago. "Give it back!" demanded little Emily. "I want my doll back Carl. You'll be sorry if you do not hand her back. Mummy and Daddy will punish you for this." Perfectly curled golden ringlets were sprawled across the pillow but that is not what little Emily

looked like when she demanded he return her doll. The master bedroom. The sweet scent of burnt candles gushed out as he opened the door. The couple lay peacefully, sound asleep. The room looked like the perfect place to seek refuge on a stormy night. A place where all would cuddle up, and whisper stories filled with love to each other. He longed for these picture perfect images. Carl stood there for what seemed like an eternity.... The ideal family? ***** Silence pierced through the neighbourhood. The rustle of leaves could not be heard on the pavement. It has not been this quiet for the past two weeks. It has not been quiet since the murder. Only days ago the police sirens wailed in the tranquil garden. Detectives, officers,

paramedics, journalists, photographers and "inquisitive" neighbours have been busily bustling in and out of the house. Nothing was recognizable.... The television set was a disaster. It looked like it had been battered a million times. Nothing was cradled upon the shelf next to it. The grandfather clock seemed like the only untouched item in the house. The long glass coffee table was over-turned and its delicate black glass was shattered into a million pieces. The magazines that lay upon it not long ago were scrambled on the floor, the cushions were slit down the middle exposing their contents. The vase that once stood on the majestic Chinese table was no more. The once immaculate kitchen was a shambles. Plates were broken and the drawers were wide

open. The knives were missing. Upstairs now. The little boys room was chilling. Model airplanes were sprawled on the floor where a little body was marked with chalk. The round globe lamp still stood there, but it seemed as though it did not give off its light willingly. The pink room. China dolls lay on the floor amputated and decapitated. A leg here, and a clump of golden hair there. The master bedroom. The sweet scent of aroma gushed out no more. No more memories will be born in this house. David's and Lucy's screams of delight will be heard no more. Laura beckoning her children inside for dinner will be seen no more. Alex's delighted laughter as he ran after his children in the garden will be forever gone....

جامعة نزوى تشارك في مؤتمر برشلونة الدولي الثالث حول التعليم العالي

كتب - سالم الصباحي :

وضمن الجودة كأداة ومبدأ أساسي لأي مؤسسة تعليم عالي تبحث عن التميز والجودة في مجال التعليم العالي والبحث العلمي. وتم خلال المؤتمر استعراض الكثير من أوراق العمل من مختلف قارات و دول العالم والتي تبرز تجارب الدول في مجال تحقيق الاعتماد وضمن الجودة والخطوات التي قامت بها والعقبات التي واجهتها هذه الدول والحلول التي اتخذت لتحقيق عملية الاعتماد وضمن الجودة. كما تميز المؤتمر هذا العام بمشاركة عربية متميزة عبر تقديم ورقة عمل عن واقع التعليم العالي ومؤسساته في العالم العربي وأهمية الاعتماد وضمن الجودة كمنهج أساسي للوصول إلى مستوى عالي من الجودة والأداء في مجال التعليم العالي.

شاركت الجامعة مؤخرًا في مؤتمر برشلونة الدولي الثالث حول التعليم العالي والذي انعقد في مملكة أسبانيا بعنوان " الاعتماد من أجل ضمان الجودة ، ما هو المرهون ؟ " وقد مثل الجامعة في المؤتمر كل من سعود بن منخور الجفيلي نائب رئيس الجامعة للشؤون الإدارية والمالية وسالم بن منصور الصباحي منسق مكتب نائب الرئيس للدراسات العليا والبحث العلمي والعلاقات الخارجية. وحفل المؤتمر بالكثير من الموضوعات التي تهتم الجامعات ومؤسسات التعليم العالي حول العالم خاصة فيما يتعلق بأهمية الاعتماد وضمن الجودة. وقد تطرق المؤتمر إلى أهمية الاعتماد



وفد الجامعة في مؤتمر برشلونة

الجدير بالذكر أن مؤتمر برشلونة الدولي الثالث حول التعليم العالي يتم تنظيمه من قبل الشبكة العالمية للجامعات للتجديد والابتكار GUNI ، وقد حفل المؤتمر هذا العام بحضور ومشاركة متميزة فاقت الـ ٤٠٠ شخصية بين المشاركين والحاضرين من مختلف دول العالم وتأتي مشاركة جامعة نزوى في مؤتمر برشلونة الدولي الثالث حول التعليم العالي للعام الثاني على التوالي وذلك ضمن سعي جامعة نزوى لضمان الجودة والتميز في مجال التعليم العالي.

طلبة كلية الاقتصاد والادارة ونظم المعلومات يشاركون في إجراء مسح ميداني

كتبت - سالمه الناصري :



تحت مسمى (أسرار توابل عمان) قامت شركة نسلة العالمية بالتنسيق مع كلية الاقتصاد والإدارة ونظم المعلومات في الجامعة بتنفيذ مشروع دراسي يهدف لدراسة وضع منتجات الشركة وتقييم حجم مبيعاتها في السوق. وقد شاركت خمس عشرة طالبة من تخصص إدارة الأعمال والتسويق في الكلية في المشروع تم اختيارهن بعد إجراء مقابلة مع مندوبي الشركة. بدأ المشروع باجتماع مع مندوبي الشركة للتعرف على المشروع وخطواته واتخاذ الإجراءات اللازمة للبدء في الدراسة. ويجري العمل في المشروع بالتدريب على نظام SPSS الخاص بإدخال البيانات الإحصائية وتحليلها ومعالجتها، إذ التقت الطالبات المشاركات مع مندوبي الشركة بعدد كبير من الطالبات داخل الجامعة وتحديدًا في قاعة الشبها للإطلاع على آراء الطالبات حول بعض منتجات الشركة من خلال تعبئة الاستبيانات الخاصة بالمشروع لفهم حاجات السوق وتحليلها. ومن ثم عمل دراسة ميدانية خارجية من خلال الإلتقاء بمجموعة من نساء المجتمع



الدكتورة فوزية الفارسي تلقي محاضرتها

دورة التعليم في حضارة الأمم

كتبت - سهام الرجبي :



رئيس الجامعة وعدد من الحضور

استضافت جامعة نزوى ضمن سلسلة مشارق الفكر سعادة المكرمة الدكتورة فوزية بنت ناصر الفارسي عضو مجلس الدولة في محاضرة بعنوان " دور التعليم في حضارة الأمم " تحدثت فيها عن مواضيع تتعلق بالتعليم وتطويره وكيفية الاستفادة منه ثم عرضت رؤية استراتيجيّة في مجال تطوير التعليم وأبرز التحديات التي تواجه عملية تطوير التعليم. بعدها فتحت باب المناقشة مع الحضور قدم فيها توضيح لبعض النقاط وذكر بعض الاقتراحات. حضر المحاضرة سعادة المكرم الدكتور أحمد الرواحي رئيس الجامعة وعدد كبير من أساتذة الجامعة وموظفيها وطلبتها.

انطلاق تقييم الأداء الأكاديمي ٢٠٠٦ م في جامعة نزوى

على الأداء الأكاديمي من خلال طرح استبيانات التقييم لكل من الأستاذ والمقرر في نسختين الكترونية وورقية يقوم الطالب بتعبئتها ومن ثم يتم تحليلها واستخلاص النتائج من أجل تقييم العمل في الفترة الماضية والمضي للأفضل ليصل شعار الجودة نهج وأسلوب حياة في جامعة نزوى راسخا وواقعا معاشا .

مركز التميز الأكاديمي وضمن الجودة مركز تميز في جامعة نزوى أنشأ منذ السنة الأولى لقيام جامعة نزوى من أجل الارتقاء بمستوى الأداء الأكاديمي وتحسين طرق التعليم وضمن جودة البرامج الدراسية على أساس المعايير العالمية التي التزمت بها الجامعة منذ البداية. وقد بدأ المركز مع نهاية هذا الفصل بتقييم البرامج الأكاديمية والمتابعة والإشراف



المشاركات في صورة جماعية

EAT FRESH FRUITS

We all think eating fruits means simply buying fruit, cutting it and just popping it into our mouths. You will benefit much more if you know how and when to eat.

The Correct Way of Eating Fruits

Fruits should be taken in an empty stomach... not as dessert after the meal as is often done. If you eat fruit like that, it will also serve a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

Fruit is the Most Important Food

Let's say you eat two slices of bread and then a slice of fruit. As fruit digests faster than bread, the slice of fruit digests quickly and is ready to go straight through the stomach into the intestines, but its passages blocked by the bread which takes longer time to digest...

...In the meantime the whole meal ferments and turns to acid. Consequently, when the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil. So it is better to eat your fruits in an empty stomach or before your meals!

You have heard people complaining - every time I eat water-melon I burp, when I eat durian my stomach bloats up, when I eat banana I feel like running to the toilet etc - actually all this will not arise if you eat the fruit in an empty stomach. The fruit mixes with the putrefying other food and produces gas and hence you will bloat!

Grating hair, harking nervous outbreak, dark circles under the eyes all these will not happen if you take fruits in an empty stomach. It is incorrectly presumed that some fruits like orange and lemon are acidic and will enhance acidity in the stomach. Research however shows that all fruits become Alkaline in our body.

When you need to drink fruit juice - drink only fresh fruit juice, NOT from the cans. Don't drink juice that has been heated up. Don't eat cooked fruits because you don't get the nutrients at all. You only get to taste. So stop making turian porridge if you want nutrients. Cooking fruit destroys all the vitamins. Eating the pulp or whole fruit is far better than drinking the juice as the fibre is good for you. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. A 3-day "fruit fast" is a very simple and effective way to cleanse and de-toxify your body. Just eat fruits and drink fruit juice throughout the 3 days and you will be surprised when your friends tell you how radiant you look!

During the "fruit fast" you can eat different fruits at different times, although occasionally mixed fruit salad would also be permissible and more interesting. If you have mastered the correct way of eating fruits, you have the secret of beauty, longevity, health, energy, happiness and normal weight.

How to Succeed a 15 point plan...

- 1 Don't talk negatively about people behind their backs. If you gossip, people won't confide in you. Mind your own business.
- 2 Try to work for someone who'll challenge your powers. You'll learn more in a year than 4 years of college.
- 3 Successful bosses have good communication skills. They learn from people, including their employees.
- 4 Work in such a way that makes your boss look good. It's not flattery.
- 5 On downsizing, the first to go are those with few friends. Bosses prefer competent people whom they respect.
- 6 Dress for the job you want, not the one you have. Let your dress reflect professionalism.
- 7 Workout to get in good physical shape. Unless exceptionally skilled, the unbreakable are at a comparative disadvantage.
- 8 Personal integrity is crucial. Tell nothing but the truth. Bosses can forgive mistakes but if you lie, you're gone.
- 9 Be on time. Try to arrive few minutes early. It saves you from stress. You'll be much relaxed & work better.
- 10 Strive your best to keep a deadline. If you cannot meet it, then apologise & ask for an extension.
- 11 Don't take things personally. If some people are unhappy with you, it's their problem. But always strive to give your best.
- 12 If you must correct some one, don't get personal about it. Do it never in front of others.
- 13 Spend some time alone everyday. What's the mission of my life? What do I want to be? And how to go about it.
- 14 As you move along Plan A of your career, maintain a Plan B as well - an alternative course to rely on.
- 15 Always remember that the secret of success is passion. Always think big. Spread love & joy. You'll have blissful years ahead.