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'Class of Khalifa'





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MBRU Celebrates the Class of Khalifa in a Historic Graduation Ceremony

Under the patronage and in the presence of His Highness Sheikh Ahmed bin Saeed Al Maktoum, Chancellor of MBRU and Chairman of Dubai Academic Health Corporation's Board of Directors, MBRU celebrated the graduation of the 'Class of Khalifa' on Tuesday, June 28, in a historic ceremony at Dubai Opera. The event was attended by His Highness Sheikh Mansoor bin Mohammed bin Rashid Al Maktoum, Vice Chairman of Dubai Academic Health Corporation's Board of Directors.

The Class of Khalifa included the first cohort to graduate from the College of Medicine, College of

Nursing and Midwifery and the Child and Adolescent Psychiatry Fellowship Program, in addition to a new cohort of graduates from the postgraduate programs at Hamdan Bin Mohammed College of Dental Medicine.

His Highness Sheikh Ahmed bin Saeed Al Maktoum congratulated the Class of Khalifa and expressed his pride in their achievements, emphasizing that a class proudly bestowed with the name of the late His Highness Sheikh Khalifa bin Zayed Al Nahyan will follow his wise vision and be inspired by his legacy.





His Highness stressed that MBRU's achievements are in line with the vision of His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai, to transform Dubai into a global center of excellence for both education and healthcare. His Highness also highlighted that "the health sector in Dubai is seeing a major leap since the establishment of Dubai Academic Health Corporation by integrating medical education, healthcare, and scientific research. This integration will provide graduates with a nurturing environment that will allow them to achieve better health outcomes for members of the community."





"This university inspired and made possible by the vision of His Highness Sheikh Mohammed bin Rashid al Maktoum, has bestowed upon you a world-class education. Yet it is you who are on the frontline – only you – and it is your talent, your commitment and your compassion that will determine the shape of our shared future." said Her Excellency in her address.

His Highness Sheikh Mansoor bin Mohammed bin Rashid Al Maktoum stressed the valuable role MBRU plays in preparing qualified healthcare professionals to continuously raise the quality of medical services and prepare for the future. His Highness expressed confidence that today's graduates will contribute to strengthening the health sector in line with the vision of the leadership. He also highlighted the importance of this sector in light of the challenges the world has experienced in recent years. His Highness urged the Class of Khalifa to continue their educational journey, putting the patient's health first in everything they do.

Her Excellency Dr. Raja Al Gurg, Member of Dubai Academic Health Corporation's Board of Directors, and the inaugural Vice Chairperson of MBRU's Board of Trustees, delivered the opening speech on behalf of MBRU's Chancellor, His Highness Sheikh Ahmed bin Saeed Al Maktoum, encouraging the graduates to use their experience and knowledge in promoting healthcare, medical education, and research to advance health and serve humanity.



In his welcome address, Dr. Amer Sharif, President of MBRU and CEO of Dubai Academic Health Corporation, thanked the leadership whose exceptional support and trust played a significant role in the University's development and growth. He also praised the tireless efforts of the students, the MBRU team, the University's academic partner, Queen's University Belfast, and all of MBRU's friends, partners, supporters, and donors who trusted the University's vision and contributed to realizing its goals.



The Class of Khalifa consists of 108 graduates including 40 from the first cohort of the Bachelor of Medicine and Bachelor of Surgery (MBBS) program at the College of Medicine, and 54 from the Hamdan bin Mohammed College of Dental Medicine with master's degrees in various dental specialties. The graduating cohort also included the first cohort of master's students in biomedical sciences, and the first cohort of master's students in cardiovascular nursing and pediatric nursing at the College of Nursing and Midwifery.

The cohort also comprised the first graduates from Al Jalila Children's Child and Adolescent Psychiatry Fellowship Program run in academic partnership with MBRU. The program is accredited by the Saudi Commission for Health Specialties. During the ceremony, the first cohort of Kuwaiti dental specialists was also honored. The graduates studied at MBRU as part of an agreement with The Kuwait Institute for Medical Specialization.

Watch the full ceremony here: https://youtu.be/WrN-KBIt1zI

Class of Khalifa at a Glance



40 Undergraduates

68
Postgraduates







Females





"The newly announced pediatric fellowship programs at Al Jalila Children's Specialty Hospital provide a distinctive opportunity for aspiring physicians to participate in a comprehensive and advanced academic medical training program," said Dr. Mohamed Al Awadhi, Chief Operating Officer, Al Jalila Children's Specialty Hospital.

"Al Jalila Children's is ideal for receiving advanced knowledge and pediatrics training. It is the only hospital dedicated to treating children and adolescents. Together with MBRU, we are now part of the Dubai Academic Health Corporation, an integrated academic health system that has set one of its strategic pillars as delivering transformative education and a future-ready workforce. Through these offerings, we ensure that individuals who apply will receive training on par with advanced global practices," added Dr. Al Awadhi.

"MBRU and Al Jalila Children's have a long history of partnerships and the two organizations have previously joined to offer unique fellowship programs. It's an honor for us to collaborate once again to enhance healthcare education through an academic health system, whose goals entail setting the global standard for evidencebased patient care and outcomes," said Professor Sulaiman Al Emran, Dean of the Postgraduate Medical Education, MBRU.

"At MBRU, we aim to enrich the academic journey of our learners. This entails working with multiple stakeholders to develop integrated and creative programs that will strengthen medical education in the UAE and enhance Dubai's standing on the global map," he added. Recently, Al Jalila Children's also partnered with MBRU for a five-year Pediatric Neurology Residency Program, accredited by the Saudi Commission for Health Specialties (SCFHS). As part of the program, residents spent the first two years learning general pediatrics and three years in pediatric neurology training. Other programs that Al Jalila Children's offers in partnership with MBRU, accredited by SCFHS, are the Child and Adolescent Psychiatry Fellowship Program and the Pediatric Residency Program.

For more information about the programs, visit: https://aljalilachildrens.ae/fellowship/



MBRU Signs Memorandum of Understanding with the Royal Australasian College of Dental Surgeons (RACDS) to Develop Academic Cooperation



Royal Australasian College of Dental Surgeons Let knowledge conquer disease

MBRU has become the first University in the Middle East to sign a Memorandum of Understanding (MoU) with the Royal Australasian College of Dental Surgeons (RACDS). The partnership will strengthen academic collaboration between the two institutions and allow MBRU graduates to engage in continuing professional development through RACDS Membership and Fellowship programs.

Under the agreement, a conjoint exit exam in Periodontics specialty will be conducted in MBRU. Upon successful completion, MBRU graduates will be eligible to apply for RACDS Membership in Periodontics. The MBRU postgraduate program in Periodontology is accredited by the Commission for Academic Accreditation (CAA), Ministry of Education in the UAE.

The MoU will ensure MBRU graduates become acquainted with the latest dental practices followed by experts at RACDS. It will also open doors to networking opportunities with other RACDS Members and Fellows across the world. This, in turn, will improve the overall oral health in the community here in the UAE.



"We are very excited to collaborate with RACDS to provide opportunities for our graduates in Periodontics to be eligible to apply for RACDS Membership as part of a conjoint exam. Such partnership will allow our graduates in Periodontics to participate in continuing professional development and become Members and Fellows of an institution that upholds the highest standard in dental education, training, and clinical practice." Dr. Momen Atieh, Chair of Oral Diagnostics and Surgical Sciences, MBRU, added.



Professor Ian Meyers, President, RACDS shared his delight at signing of the agreement. "It is fantastic to see this collaboration which I believe will further strengthen ties between our two organizations. The RACDS has Fellows and Members right across the globe and we are very pleased to welcome graduates of the MBRU Periodontics program into this College community."

MBRU Publishes Pioneering Scientific Study of Dubai Resident Who Set Guinness World Record After Crossing Six Emirates in Six Days on Foot

MBRU, in collaboration with Mediclinic Middle East, has released a pioneering new study assessing the human body's responses – both physical and physiological – while successfully attempting to break a Guinness Book of Records distance challenge in the UAE.

Sean Burgess, an amateur athlete from the UK who lives in Dubai, covered 619 km in six days, 21 hours, and 47 seconds, traveling on foot from Al Ghuwaifat on the UAE's western border to an east coast beach in Fujairah. Scientists at MBRU and Mediclinic monitored the 34-year-old's training for two months beforehand, conducted extensive tests, and analyzed him during and after the challenge.

"From a technological perspective, it was interesting to analyze how much data we could collect through different wearables and how we could use it for better understanding the participant's responses and needs." said Dr. Thomas Boillat, Assistant Professor of Healthcare Innovation and Technologies, MBRU.

"The physical pain, in general, is to be expected, but the impact of mental strain was quite informative because unless you have completed an endurance event of the same magnitude, it is difficult to grasp exactly the role that the mind plays. Another factor was, for example, the lack of sleep and how it affects performance. He added.

After a few hours only, Burgess started to suffer from gastrointestinal pain, vomiting, and diarrhea, which might have been caused by an excess of speed on one hand, and sugar on the other. He slept very little and maybe got only two-and-a-half hours of quality sleep during the first three days of the challenge, thus starving his body of the time and energy required to recharge, recover, and repair.



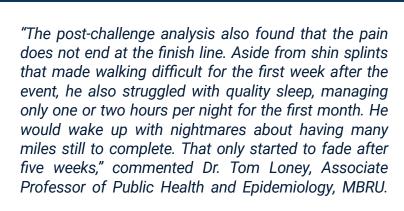


"This case study encourages amateur athletes attempting similar ultra-endurance events to follow a pre-planned hydration and nutrition strategy to maximize performance and minimize the risk of injury," said Professor Stefan Du Plessis, Dean of Research and Graduate Studies and Professor of Physiology at the College of Medicine, MBRU.

"It is vital to consult a sports medicine physician in the pre-planning stage, complement endurance training with sport-specific strength and conditioning, and importantly develop psychological skills that will assist in coping with physical pain, discomfort, sleep deprivation, and injury," added Dr. Alan Kourie, Head of Sports Medicine at Mediclinic Middle East.



Training for the attempt started 9-12 months before the event, running 5-6 hours per week (40-50 km per week). Six to nine months before the event, the athlete gradually increased his running volume to 10 hours per week (80-100 km per week). During the final six months preceding the event, the athlete maintained a running schedule of 15 hours per week (125-150 km). The results were published in the Journal of Sports Science and Medicine and were based on blood tests taken before and after the event, data recorded by a smartwatch worn during the challenge, and pre- and post-event interviews.



The study results are available at: https://www.jssm.org/jssm-21-267.xml%3EFulltext





Student Corner

We are proud of our students and alumni who volunteered at our Wellness on Wheels drive in collaboration with DP World to provide basic health checkups for their workers.



Our then students and now treasured alumni, Mahmoud Azzeh, Alea Khalid, Alia Almulla and Saad Syed represented MBRU and the UAE in the SIM Uni competition at The Society for Simulation in Europe (SESAM) 2022 in Seville, Spain. Well done.













GAREES CAREES

Middle East

Proud of our alumnus Dr. Faisal Nawaz, who hosted a panel discussion titled Reflection on global health system strengthening and the international recruitment for medicine and nursing between the Middle East and UK healthcare sectors at the Health Careers Live Middle East Summit. The panel

discussed the experiences of working in both health systems and how different they can be. Our own Dr. Reem Al Jayyousi was one of the panelists. Our pediatrics nursing student Layla Hassan also participated at the summit in a session on how early career professionals are adapting to a new clinical learning environment.





Congratulations to our Year-4 medical students Zainab Al-Abdullah and Fatima Musharbek for presenting their research entitled: "Neurodevelopmental Outcomes In Preterm Babies In Dubai-UAE, A Feasibility Study" at the Royal College of Pediatrics and Child Health Conference, which took place from 28

to 30 June at the Arena and Convention Center (ACC) in Liverpool, the United Kingdom. Their research was conducted with the support and guidance of Dr. Zahreddin Abusalah and Dr. Jennifer George of Mediclinic City Hospital. Click here to checkout their presentation and poster.

Neurodevelopmental Outcomes In Preterm Babies In Dubai-UAE, A Feasibility Study

Zainab Al-Abdullah and Fatima Musharbek, under the supervision of Dr Zahreddin Abusalah and Dr Jennifer George







11,772 km Away from Home: A&E at East Surrey Hospital, Surrey, UK

Nagham AlShehabi

Year-6 medical student

Our Year-6 medical student Nagham AlShehabi spent her elective at the A&E department in East Surrey Hospital, Surrey, United Kingdom. Here is what she had to say about her experience.

It still to this day feels like a dream. I got to experience a completely different healthcare system and solidify my clinical knowledge and skills while also experiencing the exquisite nature, history, and culture of the UK and networking with notable healthcare figures. I was initially worried about the new environment, the different traditions, and the unfamiliar expectations of medical students in the UK.

Nevertheless, I found a home away from home. I received immense support from all levels of East Surrey Hospital and Sussex and Surrey Hospitals (SASH) NHS trust: staff, administrators, physicians, nurses, and fellow



medical students. They made sure I felt fully comfortable and supported in the sometimes challenging and fast-paced A&E environment.

This adventure in retrospect became an integral part of my medical education and personal development; It helped me gain confidence and further develop my clinical skills and intuition in a busy and demanding work environment while developing priceless connections in the NHS system.

I want to express my deepest gratitude to my mentor Dr. Reem Al Jayousi, fellow medical student Saad Syed and the MBRU Electives' Team: Dr. Adrian Stanley, Dr. Shaikha AlZaabi, and Ms. Mariam Kahoor for their endless support in making this dream a reality.

How to apply for the Electives' Program?

The Electives' Program is a required part of the Phase 3 curriculum, taking place in both years 5 and 6. Students get a briefing by MBRU's Electives' Team during October-November and then proceed with the process independently, choosing on their own where and what specialty they're interested in.

Common destinations and their pathways:

- US: via The AAMC Visiting Student Learning Opportunities™ (VSLO®) portal.
- UK: contacting individual medical colleges and NHS trusts by email or website portals.
- Canada: Using the AFMC Student Portal.
- UAE: Guidance provided by MBRU Electives' Team.

How did the Electives' Program help me in my studies?

The impact the Electives' Program had on my education was tremendous. I was able to balance getting a long-awaited vacation in the tranquil English countryside that recharged me well for my intense internship year with taking my Clinical knowledge and Skills to the next level. I was able to participate in patient care by taking history, examining, devising a care plan, and documenting. I was in direct contact with patients, answering questions, collecting blood, doing ECGs, and attending to their needs. This direct exposure allowed me to gain much more confidence in my clinical skills and knowledge and witness a different healthcare system.

What did I learn during the Electives' Program?

- 1. Learned about the NHS system and its pathways in providing healthcare to patients.
- 2. Learned about the training pathway in the UK.
- 3. Learned about the different relationships between doctors and nurses in the UK.
- 4. Actively participated in patient care under the direct supervision of physicians.
- 5. Make helpful contacts in the NHS system.
- 6. Improve my knowledge base by attending different educational sessions with other fellow medical students and registrars.
- 7. Being a tourist in the UK. Exploring the rich culture and stunning nature of England.



MBRU Ambassadors Serving Humanity

We are proud of our alumni Dr. Reem Alqutami, Dr. Hessa Almansoori and Dr. Eman Almerashi, and our medical student Noor Alsuwaidi who joined a medical aid volunteering project in Zanzibar this summer. Here is what our MBBS graduate, Dr. Reem Algutami had to say about this experience.

"We were privileged to have had the opportunity to join a medical aid volunteering project in Zanzibar, Tanzania, for a week with a group of other physicians and healthcare workers. While there, we visited clinics in rural areas where we saw patients with different complaints and performed various procedures. We concluded our trip by delivering

an educational talk on Basic Life Support and other pediatric first aid services to around 200 students in one of the local schools. It was a life-changing experience for the four of us; we saw a different side of the world that none of us had seen before. This experience made us come back with a different perspective on life and made us set new goals. We gave this experience our all and got back twice the joy and fulfillment after seeing the patients' smiles. We hope this experience and the infinite lessons we learned in Zanzibar will resonate with us forever."









Congratulations

Congratulations to our medical students, Anan Mahmoud, Sara Vidha, and Madeeha Kalsekar, for being selected as President, Secretary General, and Treasurer of the International Federation of Medical Students Associations in the UAE (IFMSA-UAE), respectively. IFMSA-UAE is a medical student-led organization that aims to bridge the gap in medical education and be the voice of all medical students in the UAE.



What we've been up to?

We were honored to host the President of The Protocol School of Washington, Ms. Pamela Eyring to deliver a talk on Do's and Don'ts to be successful when interacting formally.





Our Al Maktoum Medical library have received the ISO 9001:2015 accreditation, one of the first libraries in the UAE to receive this certification. Congratulations to the team on this momentous achievement.

Some of our favorite memories from our Graduation Gala Dinner



Prior to MBRU's historical graduation ceremony, we held a graduation Gala Dinner for our graduates, their families, and the wider MBRU family. The event was an opportunity to everyone together to celebrate our graduates in a more intimate setting.









Class of Khalifa 2022





At the Graduation Gala Dinner, we were proud to award our College of Medicine students and graduates for their hard work and academic excellence.



Aya Akhras
Bachelor of Medicine and Bachelor of Surgery (MBBS)
Best Academic Performance



Alia Abdulrahim Almulla
Bachelor of Medicine and Bachelor of Surgery (MBBS)
Academic Excellence in Surgery



Abdulrahman Yusuf Ali
Bachelor of Medicine and Bachelor of Surgery (MBBS)
Academic Excellence in Obstetrics and Gynecology



Mariam Amr Elsaban

Bachelor of Medicine and Bachelor of Surgery (MBBS)

Academic Excellence in Family Medicine





Aya Akhras

Bachelor of Medicine and Bachelor of Surgery (MBBS)

Academic Excellence in Pediatrics



Eman Mohammad Khalaf
Bachelor of Medicine and Bachelor of Surgery (MBBS)
The Rising Star of Phase 3



Hessa Nasser Almansoori
Bachelor of Medicine and Bachelor of Surgery (MBBS)
Academic Excellence in Internal Medicine



Hanieh Sadat Yeganeh

Bachelor of Medicine and Bachelor of Surgery (MBBS)

Academic Excellence in Behavioral Medicine



Abdulrahman Yusuf Ali
Bachelor of Medicine and Bachelor of Surgery (MBBS)
Academic Excellence in Basic Sciences



Sidra Shadan Anwar
Bachelor of Medicine and Bachelor of Surgery (MBBS)
Student Choice Award



We also recognized graduates from Hamdan Bin Mohammed College of Dental Medicine, who received a Membership of the Royal College of Surgeons.

Royal Australasian College of Dental Surgeons Membership in Periodontology



Dr. Israa Fadhel



Dr. Fawaghi Al Ali



Dr. Sara Ahmad Ali

The Royal College of Surgeons of England Membership in Prosthodontics



Dr. Faisal Alqaood



Dr. Ahmad Alanezi

We are proud of your achievements and excited to see what you do next.

MBRU Concludes its Participation in the National Ambassadors Program "ESTEDAD"

MBRU concluded its two-week participation in the National Ambassadors Program (ESTEDAD) on August 5th. Faculty members and students at MBRU delivered the Program's sessions.



ESTEDAD | NATIONAL AMBASSADORS PROGRAM

Launched by the UAE Ministry of Education, ESTEDAD is an initiative that provides high school students with essential skills to support them in their future careers in various fields, including research, innovation, soft skills, creative industries, entrepreneurial leadership, and diplomatic skills.

As part of the initiative, MBRU held a two-week virtual program under the scientific research track from July 25 to August 5 to help self-driven and passionate students in grades 9-12 from government and private schools in the UAE improve their knowledge of scientific research methodology. The objective of the training program was to expose students to various medical and health-related learning experiences across the three pillars of the Academic Health System: Education, Research, and Clinical Practice.

"MBRU's participation in ESTEDAD is a testament to our commitment to developing students' knowledge, equipping them with necessary skills and empowering them to explore different career paths in medicine and health sciences in order to prepare them for higher education," said Dr. Laila Alsuwaidi, Associate Dean of Student Happiness and Wellbeing and Assistant Professor of Molecular Hematology, MBRU.

As part of the program, the participants had an enriching experience learning about the library's importance in research. They had a virtual visit to MBRU's Al Maktoum Medical Library and were provided with access to all the library's resources and services. The participants also had a session on the basics of scientific research, which introduced

them to the fundamentals of research methodology and the importance of ethics in research.

To further develop their research skills, each participant was provided access to the online British Medical Journal (BMJ) Research to Publication (RtoP) program. Students who participated in the program and successfully completed the training course were awarded a certificate of completion from the accredited BMJ RtoP.



MBRU and Operation Smile UAE Conduct First-Of-Its-Kind Workshop for Dentists on Cleft Lip and Palate Prosthetic Rehabilitation

Faculty at MBRU, Dubai Dental Hospital dentists and Operation Smile Oral Health Educators have conducted a workshop for dentists focused on cleft lip and cleft palate prosthetic rehabilitation and prosthodontists concerned with treating cleft conditions.

Sponsored by Operation Smile UAE, the two-day, hands-on course consisted of online didactic sessions, as well as face-to-face practical skills training sessions in the prosthodontics laboratory at Dubai Dental Hospital, the clinical arm of MBRU, using conventional techniques enabling participants to further develop their knowledge and technical skills to treat patients with cleft conditions who require prosthetic rehabilitation effectively.



"We are pleased to offer this insightful workshop in collaboration with the Operation Smile UAE team as part of our ongoing efforts to provide continuing dental education for striving dentists, increase exposure to the latest developments in dentistry, and enhance the cooperation between different entities in the region and beyond," said Dr. Khawla Belhoul, Senior Director, Dubai Dental Hospital.

"Operation Smile is a global nonprofit specializing in expert cleft surgery and multidisciplinary care. We provide medical and dental expertise, research and care through our dedicated staff and volunteers around the world. Our training and education programs elevate safe clinical standards and strengthen a global network to reach more people at different stages in their lives. This workshop showcased how impactful a well-planned and effective inter-institutional collaboration could be", emphasized Dr. Pedro Santiago, Operation Smile's Lead Global Advisor in Oral Health.



"MBRU faculty contributed to the course's practical and online components, sharing their in-depth experience of different types of cleft conditions, patient assessment, and treatment planning, which familiarized the learners with different prosthetic treatment options." said Dr. Manal AlHalabi, Dean of Hamdan Bin Mohammed College of Dental Medicine, and Consultant in Pediatric Dentistry at Dubai Dental Hospital.

"This was the first innovative obturator course in the world that utilized MBRU-developed 3D-printed models of maxillary conditions to enable hands-on training of the dentists in a pre-clinical setting," highlighted Professor Keyvan Moharamzadeh, Associate Dean of Education at Hamdan Bin Mohammed College of Dental Medicine and Consultant in Endodontics and Restorative Dentistry at Dubai Dental Hospital.

Operation Smile UAE, a branch of the global surgical nonprofit Operation Smile, was established in January 2011 under the patronage of Her Highness Sheikha Alyazia bint Saif Al Nahyan wife of His Highness Sheikh Abdullah bin Zayed Al Nahyan, Minister of Foreign Affairs and International Co-operation.

MBRU wrap up its third Design4Health Bootcamp

The 2022 Bootcamp, which ran from August 15 to 19th, altered shared knowledge capsules during which students learned new techniques while they used their challenges to apply them. The Bootcamp had 13 participants, including two recent medical graduates and two medical students from MBRU, 4 Engineering students from the American University of Sharjah (AUS), six design students from the Dubai Institute of Design and Innovation (DIDI), as well as ten graduate students from Queensland University of Technology, Australia.

During the Bootcamp, the participants worked together to devise solutions for healthcare challenges presented by Dubai Health Authority and Unilabs. The participants from the UAE and Australia used the Design Thinking Journey Map, a methodology developed by MBRU Design Lab that guided the participants alongside the innovation process. The participants also used a shared platform to exchange experiences and content through videos and documents.







New Faces @







Fatma AlMatrooshi
Senior Executive – Admissions,
Student Services and Registration



Mahira Abdulla Library Technician - Al Maktoum Medical Library Administrative Affairs



Mouza Lootah Senior Administrator, College of Medicine



Belal MahanwaProject Lead
Partnerships and Community Engagement



Administrative Affairs

Issam Dib

Issam Dib Administrative Assistant Partnerships and Community Engagement

Upcoming Events



» Najah Abu Dhabi:

Date: October 16-18, 2022

» International Education Show:

Date: October 19-21, 2022

» Najah Dubai:

Date: October 23-25, 2022



THE WORD WIZARD

Safia Benbrahim

THE CREATIVES

James Cruz Mark Mones Glendon Potato A special thank you to everyone who has contributed and made our newsletter possible.

We are happy to hear from you, please send us your suggestions, or story submissions at

MBRUcommunications@mbru.ac.ae