



جامعة الملك سعود بن عبدالعزيز للعلوم الصحية
King Saud bin Abdulaziz University for Health Sciences

CON-R
Fall Semester 2019

Weeks	Week 1	Week 2	Week 3	Week 4	Week 5
M/Year					
Sep-19	Start of Academic Year 2019-2021				
	We Welcome every nursing undergraduate, postgraduate students, Interns, and Alumnus to participate in this month activity.				
	1-7 Sep-2019	8-14 Sep-2019	15-21 Sep-2019	22-28 Sep-2019	29-30 Sep-2019
	Participate in the CON Freshmen Students Orientation Day	World Day of First Aid (اسعاف يساوي حياة) Medical-Surgical specialty Group (A) students*	CON Awareness Campaign		
Oct-19	1-5 Oct-2019	6-12 Oct-2019	13-19 Oct- 2019	20-26 Oct-2019	27-31 Oct-2019
	Brest Cancer Awareness Day (Hopes & Optimism) (امل و تفاؤل) Medical-Surgical, Pediatric, and Community Specialties	Mental Health Awareness (Catch it!) (حكم عقالك) Psych-Mental Health Specialty Group (B) Students**	Global Hand washing Day (Hygiene is cuteness) (النظافة لطافة) (Open to any nursing specialty)	Contraception Awareness Campaign (وحملة وفصالة في عامين) Maternity & Community Specialties	Relaxation Techniques for better life (Airplane Mode) (وضع الطيران) Management, Medical Surgical & Psych-Mental Health specialties, social worker
	International Day for the Elderly (بركة الدار) (Suggest one faculty from each nursing specialty)		World Food Day (Let's Enjoy it- Bon Appetitt) (يلا بسم الله) Medical-surgical specialty	International Day for Osteoporosis (بشاشة من غير هشاشة) Maternity & Community specialties	
				International Day of Poliomyelitis (حركة يعني حرية) Pediatric & Community specialties	
				Week of Genetic Blood Diseases (تحت المجهر) All specialties in collaboration with the Applied-Health Sciences College	



	3-7 Nov-2019	10-14 Nov 2019	17-21 Nov 2019	24-28 Nov 2019	
Nov-19	Urinary Incontinence among women Middle and Elderly Age Group (اللا ارادي خليه ارادي) Maternity, Medical-Surgical and Community Specialties	ADHD Awareness (وقفها... لا تهيبها) Psych-Mental Health Specialty Group (B) Students**	Diabetic Awareness Day (Extra Sugar) (سكر زيادة) Community and Medical-Surgical Specialties	Patients Right and Responsibilities (It is your Right to Know!) (من حقاك تعرف حقاك!) Management Specialty	
	Women's Health Awareness (حواء) Maternity/Women's Reproductive Health Specifity	Vitamin D Deficiency (Let's enjoy the sun) (يلا نتشمس) Community Specialty Group (A) students*		Promoting Geriatric Health*** (Wise People Project) (برنامج أصحاب الحكمة) Community Specialty	
	Anti-Violence Campaign (لا تعفني ولا اعفك) Community and Psychiatric Specialties		Steps to a better life (Health Station) (صحة ستيشن) Medical Surgical Specialty Group (A) students*		
	Investing Time Effort and Energy (وقتي مشكاتي) Nursing Mangment Student's ,Specility Affairs, and Social Worker	Obesity Awareness Campaign (Burn It!) (نحرقها!) Pediatric, Community and Medical Surgical in collaboration with the Recreation Center	Menstrual Health (Flowering of My Youth) (زهرة شبابي) Maternity & Community Specialties	Bullying (Chill...Don't Bully) (كبر راسك .. لا تتنمر) Community and Psychiatric Department in collaboration with the Child Rights Center in MNGHA	
	General Health for better life (صحة عامة لحياة افضل) Community Specialty Group (A) students*			International Child Day (شخبط لخبط) Pediatric Specialty	



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				Patients Right and Responsibilities (من حقاك تعرف حقاك!) Medical Surgical and Nursing Management Specialties	
Dec-19	1-5 Dec 2019	8-12 Dec 2019	15-19 Dec 2019	22-26 Dec 2019	
	PCOS Women's Health Specialty				Dec 30, 2018 – Jan 3, 2019 Mid Year Holiday
	HIV International Day (Not a Stigma) Community Specialty Group (A) students*				
	International Day for the Disability (اصحاب الهمم) All the specialties can be involved Group (A & B) students				



COMMUNITY SERVICE UNIT ACTIVITY PLAN
CON-R
Spring Semester 2020

Weeks	Week 1	Week 2	Week 3	Week 4	Week 5
Month / Year	Week 1	Week 2	Week 3	Week 4	Week 5
	1-5 Jan 2020	6-12 Jan 2020	13-19 Jan 2020	20-26 Jan 2020	27-31 Jan 2020
	We Welcome every nursing undergraduate, postgraduate students, Interns, and Alumnus to participate in this month activity.				
Jan-20	Dec 30, 2019 – Jan 3, 2020 Mid-Year Holiday		Hygienic Practice for Kindergarten (Hygiene is cuteness) (النظافة لطافة) (Open to any nursing specialty)		
		Children Gulf Day يوم الطفل الخليجي (Pediatric & Community specialty)			
Feb-20	3-9 Feb 2020	10-16 Feb 2020	17-23 Feb 2020	24-30 Feb 2020	
	International Day of Zero Tolerance (FGC) (Antisocial Behavior is An Anti-Moral Act Project)*** Community Nursing, Pediatric, Medical Surgical, and Student's Affairs.	International Childhood Cancer Day 15-Feb-2020 (The Beatles) (القاهرون) (Pediatric & Community specialties)	Social Justice Day 20-Feb-2020 (Accepting our differences reflects our Modernization) (تقبل اختلافاتنا تعكس تحضرنا) All the specialties can be involved Burn Awareness Day * (نظفها!!) Medical Surgical Specialty	Vitamin D Deficiency (Let's enjoy the sun) (يلا نتشمس) Community Specialty	



	3-9- Mar 2020	10-16 Mar-2020	17-23 Mar 2020	24-30 Mar -2020	31 Mar 2020
Mar-20	Nutrition for older adults (Traditional Dish) (صحن زمان) (Pediatric & Community specialties)	World Kidney Day 3.10.1917 Community Nursing Specialty and Public Health Department at KSAU-HS, and Kidney Friends Group	World Tuberculosis Day نفس نقي R. Koch (Community Nursing and Medical Surgical specialties with Security Forces Hospital)	@GCC Oral Health Unified Week ابتسامة نقاء (Community Nursing and Dentistry College)	Patients Right and Responsibilities (من حقاك تعرف حقاك!) Medical Surgical and Nursing Management Specialties
		School Diabetes Awareness Day (سكر بنات) Medical Surgical and MNGAH schools		International Day for the Elimination of Racial Discrimination يد واحدة Community Nursing Specialty in collaboration with Ministry of Labour Group (A) students* with other students	
		General Health for better life (صحة عامة لحياة افضل) حملة وعي ذاتك مع المشاركة Community and Medical Surgical Nursing Specialties in collaboration with Public Health in KSAU-HS in Malls		Healthy Food For Adults (Health & Cooking) (صحة و طبخ) Medical Surgical in Malls	
		*Annual Open Day for Spinabifida patients (رغما عن... حياتنا احنا نلونها) Pediatric specialty in collaboration with the KASH	World Down Syndrome Day Smiley Face الوجه المبتسم Community Nursing Specialty in collaboration with Soot or DESCA	Enuresis Awareness Day (Don't feel Shy... There is a Solution) (لا تخجل في حل!) Pediatric specialty in collaboration with the KASH	



	<p>How to Avoid Communicable Disease among school children تطعيم الطعمين Medical Surgical and MNGAH schools</p>	<p>Relaxation Techniques for better life (Airplane Mode) (وضع الطيران) Management, Medical Surgical & Psych-Mental Health specialties, social worker, Wajeb Center</p>		<p>International Women's Day Maternity & Community Specialties in Collaboration with MNGHA/Hospital</p>	
Apr-20	<p>1-6 Apr 2020</p> <p>How to choose the right college major شاوور حكيم Management Nursing Specificity and Clinical Affairs in Schools <i>Group C Student "We are Nurses and We Are Proud"</i></p>	<p>7-13 Apr 2020</p> <p>World Health Day صحتنا في عالمنا Medical Surgical and Community Health specialties, Retirement Office, Kafeef, Wajeb Center Public Place!!</p>	14-20 Apr 2020	24-27 Apr 2020	28-30 Apr 2020
	<p>Anti Violence Campaign لا تعنفني ولا اعنفك Community Specialty in Collaboration with Public Health College KSAU-HS. Malls</p>	<p>International Day for Parkinson's Disease (The Challenge) التحدي Medical Surgical & Psych-Mental Health specialties in collaboration with King Saud Medical City</p>		<p>World Immunization Week شبكة دبوس وعلى المرض دوس Community Specialty in Collaboration with Public Health College KSAU-HS and Infectious Diseases Department.</p>	<p>World Day for Safety and Health at Work اعقلها و توكل! Community and Nursing Management Specialties</p>
	<p>World Autism Awareness Day We are not A lone لسنا واحدين Psych-Mental Health Specialty Group (B) Students**</p>				
	<p>World Asthma Day ازمة Medical Surgical and Community Health specialties in collaboration with Security Forces Hospital Group (A) students*</p>				



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May-20	May 2, 2020 Last Day of Academic Year	
Group (A) students*	طالبات حملة انقذني Rescue Me	
Group (B) students**	طالبات حملة وعي ذاتك Be Alert	
Group (C) students***	طالبات حملة نحن الممرضات ولنا الفخر We are nurses and we are proud	
Other Important Topics For Summer (suggestions)		
International Day for Bleeding Blood: This suppose to be on 14 June of each year		
World Thalassemia Day: This suppose to be on 8 May of each year		
International Nurses Day: This suppose to be on 12 May of each year		