



UNIVERSITY WOMAN'S JOURNAL

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Axes of preparing woman's leadership

**How to protect yourself from
breast cancer**

**Carbon quantum dots
and their applications**



Prof. Dr. Mushtak Talib Salih Al-Neda
The President University of Anbar

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Prof. Dr. Mushtak Talib Salih Al-Neda

The President of
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University Woman's journal Speech

Woman occupies an important place in society, she is half of the society as it is known, she has a major role in building the family and its cohesion, and on her shoulders lies a large part of the responsibility of raising children who make up the community, Hence Islam's interest in women and gave her a proper status, until the Prophet Muhammad, may God bless him and grant him peace, said: ((But women are the sisters of men)) and this means that women, like men, have rights and duties and have their proper status, taking into account some of the particularities required by the nature of men and women.

Based on the above, university leaders at the University of Anbar paid special attention to women, and these leaders were keen to benefit from the scientific, administrative and educational capabilities of women in academic work. The university woman at the University of Anbar proved that she is worthy of this interest, and worked side by side with her male brother, so she was the dean, and she is the assistant dean for scientific and administrative affairs, and she is the director in some administrative divisions, and she is the teacher, and she is the employee.

One of the manifestations of the University of Anbar's interest in women is the issuance of the «University Woman's Journal» to deliver the voice of university women to society, highlight their activities and highlight the importance of their role in university life and their positive pioneering role at the university. We have paid great attention to this journal believing in the importance of its mission and the depth of its goals, and we all hope that the next issues of the journal will succeed in delivering its message and achieving its goals as its previous issues have succeeded.

A Speech by the official of the Women's Empowerment Department

Assist. Prof. Asra'a Adnan AbdulJalil

On the eighth of March of each year, the whole world celebrates International Women's Day to support women and remind them of their importance and active role in society. Her role is not limited to raising children only, but rather her role includes performing many effective cultural and social tasks that serve the community's service and development.

Iraqi women in general, and Anbariyani women in particular, have demonstrated high efficiency and great responsibility in various sectors and jobs, especially leadership ones. Thus they deserved the absolute trust placed in them by the senior leadership in our dear country. In the last two years, the Women's Empowerment Department was created in the General Secretariat of the Council of Ministers. In addition, the Women's Empowerment Department was created in the Ministry of Higher Education and Scientific Research. As a result of which forty-one women's empowerment units were created distributed among public universities, and forty units were created in private universities. These units take upon themselves to support Iraqi women inside and outside universities, and then created a division of Empowering women in universities emanates from these units.

All of this contributes to increasing the number of women decision-makers. This has become a vital requirement, especially since one of the goals that the Women's Empowerment Department seeks to achieve, in cooperation with the University Business Incubators Department in the Ministry of Higher Education, is to invest in the ideas and innovations of female graduates who have ambition and passion to engage in the market to work and create start-up companies.

Women have made great achievements. These achievements have expanded until women have become active participants in decision-making, holding senior leadership positions at various social, economic and political levels.

We cannot fail to remember the achievements that women have made in order to preserve the family and society. They have contributed side by side with men in building our beloved country, despite the harsh circumstances and difficult challenges they have faced.

Almighty Allah loved women with traits, distinguished them with characteristics, and created them as a wondrous creation. They contain pride, tenderness, strength, and femininity. They are the mother, the sister, the lover, the friend, and the daughter. They are the earth that has worked so hard and struggled so much that today she walks alongside the man, not behind him.

The role of the Women's Empowerment Department at the University of Anbar has become clear and evident through the establishment of major artistic activities inside and outside the university. These activities are represented by the establishment of art exhibitions, literary activities, and charitable markets, which included among its wings the products of creative women members of the university and its students under the framework of the Women's Cultural Festival, which was held annually on the 8th of March, the date of International Women's Day. In order to document the activities of the Women's Empowerment Department and attract the white literary pens of University members and students, (University Women's Magazine) was published. It is issued periodically to be a cultural, literary and scientific interface through which university women find various fields of creativity and highlighting their talents.

We will be committed to continue the process of creativity in order to achieve the desired goals with the cooperation and determination of all university members and students. In this occasion, everyone is invited to contribute to supporting the women's journey at the University of Anbar under the auspices and supervision of the esteemed university presidency.



With the start of the new Academic year... Has the University of Anbar assumed its role in serving the community?

Prof. Dr. Mushtak Talib Salih Al-Neda

Assist. Instructor Ali Jasim Mohammed
A Teaching Staff at the University of Anbar

The academic year begins in the month of September of each year. There, the scientific and cultural activity is crowded, and summer activities do not stop, whether at the cognitive level of summer training programs, or in the field of various sports tournaments, as well as qualification and development courses for all certificate holders, BA, MA, MSc, Phd and for all state employees. The corridors of all colleges are always filled with the activity of postgraduate students, seminar sessions, and the continuation of university council meetings to discuss scientific affairs and student affairs. These meetings represent a sincere desire to meet the needs of teachers, employees, and students alike. Likewise, the research centers, in cooperation with the colleges, periodically holds seminars and workshops at the core of community service, under the direct supervision of the President of the University and his administrative and scientific assistants.

The university was established in late 1987 with two colleges until it now includes a group of medical, engineering, humanities, and scientific colleges, namely: College of Education for Girls, College of Education for the Humanities, College of Education for Pure Sciences, College of Physical Education and Sports Sciences, College of Medicine, College of Engineering, College of Agriculture, College of Science, College of Computer Science and Information Technology, College of Dentistry, College of Administration and Economics, College of Arts, College of Law and Political Science, College of Pharmacy, College of Islamic Sciences, College of Applied Sciences - Hit, College of Basic Education - Haditha, College of Education - Al-Qaim.

Since its founding, the university has suffered from lack of funding and the simplicity of furniture and supplies, but it continued its path and kept pace with development despite weak salaries and the conditions of the siege during the nineties of the last century, through the American invasion in 2003 and their control of the university. The university administration continued its educational mission, and witnessed a reconstruction and building campaign. The number of students accepted has expanded to reach thousands of students of both genders. The number of teaching staff and employees has grown remarkably as well. As is well known, the University of Anbar split into five colleges to form the nucleus of the University of Fallujah.

In 2014, the university was displaced, like other institutions

and departments. Due to the control of ISIS over the governorate, more than one site was opened in different areas to prevent the scientific process from stopping, and so that the university would continue to graduate groups of doctors, engineers, pharmacists, lawyers, employees, teachers, professionals, athletes, and the list goes on.

The security and political situation cannot be separated from the university and society. The university is affected in one way or another, positively or negatively, by the stability of the security situation. The university has returned from displacement as a green oasis as a result of the campaign launched by Prof. Dr. Mushtak Talib Salih Al-Nada, President of the University. As such, the university is decorated with trees, and its roads are shaded by roofs and bodies of water, in addition to scientific supplies, such as study halls and laboratories equipped with the latest advanced educational methods. The University continues to hold international medical or engineering conferences, or in the field of science and technology, or in the field of Humanities, and many conferences which aim to enhance community security and peace.

The University of Anbar is open to all departments, institutions and organizations through its advisory and scientific offices. The university administration is also keen to conclude a series of scientific memorandums with major international and Arab universities, such as the universities of the United States of America, the United Kingdom, France, Spain, the Kingdom of Saudi Arabia and the United Arab Emirates. It aspires to make a partnership with advanced universities in the field of scientific research. The university's research has entered into international institutions such as Scopus, Clarivate, and others.

Finally, we at the University of Anbar are optimistic about the future of the university since it is managed with high efficiency, and the university still reflects an important and remarkable role in all fields, especially in the field of democracy and modernity. The university has made an immortal name for itself in the pages of history. How could it not, since it is the fruit of the development of the Ministry of Higher Education and Scientific Research? It is the first university established in Anbar Governorate, the largest governorate in Iraq by area, to reflect a bright, sparkling image in western Iraq.

<https://www.uoanbar.edu.iq/staff-page.php?ID=1901>

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Motherhood and Working in the Private Sector

as being able to perform work, receiving wages, and ensuring the worker's safety and professional health, in addition to determining his right to social security, retirement salary, and protection. From discrimination and harassment in the field of work, a legal framework of its own has been established for women that prohibits them from working at night, excluding only certain jobs (such as administrative or commercial work, or work in health and recreational services, and the field of transportation and transportation), and prohibits their employment in harmful and arduous work, and requires Also pointing places for working women to have some rest during the work day. The legislator also directs certain care the working mother in recognition of the additional burdens that will be placed on her shoulders, whether she bears exhaustion and fatigue during her pregnancy or while caring for her child after birth. The pregnant worker was not allowed to perform additional work that might be harmful to her health or the health of her fetus. It also stipulates that the pregnant worker has the right to guaranteed paid pregnancy and maternity leave for a period of not less than fourteen weeks a year, eight weeks of which she enjoys before giving birth and continues to get six weeks after the birth. This leave was allowed to be extended for a period not exceeding nine months in cases that he specified exclusively (difficult childbirth, the birth of more than one child, the appearance of complications before and after childbirth). It also obliges the employer to return the worker to her previous job, the same or an equivalent job with the same pay upon the end of the leave. The female worker, in agreement with the employer, may obtain maternity leave (without pay) for a period not exceeding one year, during which she can take care of her child who has not yet completed one year of age. The legislator also paid great attention to the working mother and her child while she was performing her work, by granting her two breastfeeding periods, not exceeding one hour in total. Employers were required to establish nurseries in the projects in which female workers worked. Above all of the above, a working mother or working father who had one or more sick children under the age of six who needed the care of one of his parents was allowed to stop working for a period not exceeding three days a week whenever necessary. In this case, the days of absence will be without pay

To achieve the pointed goal of achieving these rights for the woman- worker, the legislator imposed a criminal penalty on the employer, represented by a fine, if he violated the law regarding the rights decided for the woman- worker. It remains for us to note that the law gives the woman whose husband has died the a period specified by Sharia law. From all of the above, it is necessary to work to increase the awareness of working women in general and working mothers in particular about their rights stipulated in the effective Iraqi labor law to demand their implementation on the ground.

by assistant instructor: Nour Qahtan Khalil
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The woman is the core of the family and the strong basis on which its members rely on. She is the axis that brings together and unites everyone under the shade of her embrace. She is the wife, mother, sister, and daughter by whose goodness the good of the family and society is measured. It is the mirror that reflects the extent of the progression and prosperity of societies. The more women's rights are protected and guaranteed, the more this constitutes a major gauge in improving the reality and future of societies. Women have contributed and continued to qualify and develop their family members to be good members who strengthen and strengthen nations. Due to the significance of the social position that women enjoy in society, it has become necessary to give them adequate attention to enable them to perform their duties in education.

Due to the advancement of technology and the development of life in all its fields, the uniqueness of men in the field of work is not enough to face the increasing requirements and costs of living, so the entry of women into the field of work and their participation with men as an extra force to economic activity has become of great importance in working to increase the family's income or to achieve their economic independence, as they are divorced or a widow, especially in societies that have gone through many wars and political and economic crises, such as Iraqi society, in which the rate of spinsterhood and divorce has increased, and families have lost their male breadwinners, which forced women to go out to work to meet the requirements for a decent living. In addition, work is a place to plant hope and a source of happiness to enable women to feel that they are an effective member of themselves and others, and to fulfill women's ambitions, which go beyond the limits of concern and care for the family and home to achieve greater goals by obtaining their own resources. Despite the establishment of the principles of justice and equality in all legal legislation in countries that equate all citizens of the state in rights and duties, such as the right to work, the neglect of the dual social function of women in reconciling the organization of family affairs, the duties to of her husband and children, her carrying out the duties of the home on the one hand, and her responsibility in her workplace on the one hand. On the other hand, in addition to her biological duties, which confirms the weak physical and psychological capabilities of women compared to men, makes this equality unacceptable.

Number of laws, especially those related to work, such as the effective Iraqi Labor Law No. (37) of 2015, ensure the need to give working mothers the required care to prepare their circumstances and responsibilities to the nature of work in the private sector. Women were given crystal clear care, after the legislator equated them with other categories of workers in the general labor rights assigned to them under the law, such



Axes of preparing women's leadership

Assist. Prof. Dr. Hadeel Raad Tahseen Al-Daraji
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The first axis: Restrictions related to women leaders

The phenomenon of leadership has occupied the human race for a long time. So, it was natural for many opinions to be issued regarding it, and for many studies to be presented about it to determine its nature, dimensions, and components. These studies have produced results and facts that help understand the phenomenon of leadership and leaders at the same time.

Leadership is considered one of the most important administrative functions that is exercised, because after the plan is drawn up, it moves into implementation and is taken up by minds, hands, and machines to accomplish it according to the established goals and specific stages. The leader is the one who leads a group of individuals, directs them and coordinates their work. He also stimulates their motivations and ambitions and encourages them to cooperate and compete. Then, it is not an easy task. Rather, it requires effort, time, and skills so that he can lead his group toward the desired goal with the necessary efficiency and effectiveness.

The subject of feminist leadership in the sociology of organizations is an attempt to bring women closer to the participation of women as a social actor who has a role and status in society, away from the consuming topics that present women

as a subject and not a social actor. A woman leader is considered the cornerstone of bringing about change, as there are many jobs in which she can be creative and handling them is important. A strange proposition and far from actual practices, and the role of women remains distinct and linked to mastering their role within their family sphere only, but that does not negate the existence of female leadership models who have been able to impose their presence and excel in their performance in various fields.

Therefore, examining the role of female leaders throughout history leads the researcher to highlight many female figures who bear the characteristics of a successful leader, starting from pre-Islamic times and the people of Yemen who gave priority to Bilqis, the daughter of the King of Sheba, who emerged with her strength when the king decided to flee after his wise men informed him of the collapse of a dam of Marib, leaving the city, his family, and those of his followers. His daughter, Bilqis announced that she was working in Saba to work to save it. She risked that after her father fled. Bilqis created a great civilization after she ruled Yemen with a (democratic) rule.

Cleopatra also ruled Egypt, and Queen Zenobia ruled the Syrian Kingdom of Palmyra.

As for modern times, Fatima Al-Fihri founded the first university in history. The University of Al-Qarawiyyin in the city of

Fez, Morocco, is the oldest existing university in the world. It had graduated from being a mosque until it became an important seat of knowledge in which many scholars studied, most notably Ibn Khaldun and Muhammad ibn Idris. She laid the foundation stone for building a mosque with her own money in the year 859 AD, which is considered one of the most important historical educational institutions in history.

Also, let us not forget the role of the Algerian martyr who stood against French colonialism (Jamila Bouhired).

If we return to the principle of Shura in Islam, we see that Islam has given women the right to do so, which qualifies them to be leaders in public life, and there is no difference between masculinity and femininity with regard to determining the qualities that should be possessed by those who are considered worthy of the position of Shura in Islamic society. However, there is an argument that women are not among the people of consultation, and that consultation is limited to men and specifically for them. This is just a statement that I have never found a basis for, as it was mentioned in the Holy Quran, the Almighty Allah's saying (And the believing men and believing women are guardians of one another...) Al-Tawbah 71

All good is in being faithful to the holy law, not changing anything from its place or replacing one rule with another, but rather giving each person his right. However, Islam has set restrictions related to women's work outside their home so that they can be successful leaders and good pioneers through which the nation can advance and through which guidance may be obtained in the future life and hereafter.

The first axis: One of the most important restrictions related to women leaders

1-The wise law has permitted her to work outside the home, but under conditions, which are: that she goes out with dignity and modesty, and not imitate the clothing of infidel women in men's clothing, and that she adhere to the rules of speech. This is what the Almighty Allha says:

(O wives of the Prophet, you are not like any other woman. If you are pious, do not be modest in speech.) Al-Ahzab: 5

2-Restrictions related to the home and family, which are the

basis of women's leadership, where the role of the good educator is the reform of generations, and with her pioneering leadership, the nation and societies are reformed. The Messenger of God (may God bless him and grant him peace) said: (Every child is born according to his natural disposition, then his parents make him a Jew or a Christian). The greatness of her role is highlighted by the fact that she is close to her children. Her leading role is manifested in her decision in her home, her tenderness and kindness.

3-Restrictions related to the nature of the work: The work must be permissible in origin and legitimate, which is consistent with the Holy Quran and the Sunnah of His Messenger. Islam has granted women education and nursing in addition to other legitimate work. As for illegal work, which is prohibited, it has forbidden women from practicing it, such as singing, dancing, and forbidden acting.

4-The work should not be incompatible with her feminine nature and her physical and psychological characteristics. She should not do jobs that are specific to men and require pure muscular strength, such as working as a weightlifter or working in the streets and roads and other hard jobs. She was granted the right to contract and establish sales agreements. Purchasing, business administration and trade.

5-She has a clear message for life, and that Almighty Allah designated a surah in the Holy Qur'an for women to speak in it, called Surah (An-Nisa). Accordingly, it is her right to acquire various knowledge and sciences after she was deprived of them in pre-Islamic times. Acquiring knowledge was limited to men only.

6-To have a strong personality. If a woman excels in self-confidence, self-expression, and defending interests, then she will have a strong personality. So, she will have the same respectability as men. For example, some of the Companions would refer to the Mothers of the Believers in some matters that were difficult for them in religious matters.

7-The principle in Islamic law is equality between women and men in rights and duties based on the principle of equality in the one human soul from which they were created. A woman can assume the presidency of a state with competence, whether the president is male or female, and the people are the arbiter in this matter, so she has the right to assume all positions as long as the conditions of competence and knowledge are met.

8-It was rumored that women do not appear in society as speakers or guides. The Sunnah of the Prophet belies this. Asma' bint Abi Bakr had come more than once to the Messenger of God (may God bless him and grant him peace) asking him about women's affairs and debating with him and arguing with him in front of the Companions regarding women. In the era of caliph, Omar bin Al-Khattab (may God be pleased with him) appointed a woman named (Al-Shifa) to be the head of the market, preventing fraud and forgery, which is forbidden in buying and selling. This name is still immortal, as many people in Saudi Arabia today call their shops by the name (Al-Shifa), meaning the market official or the commander of the rations police.



Women's Empowerment

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Let us talk about the essence of this phrase. When many of our women hear this phrase, psychological comfort penetrates into their souls because this phrase is a source of strength, as the expression says, even if they do not use this phrase in their public life because they put it as a weapon in front of men. In fact, empowering women does not mean pushing her to be tyrannical or to use everything under the pretext of being able to defend herself or to obtain her rights by force. In reality, the matter takes another direction, a positive direction that lies in shedding light on the woman herself

and her ability to change her style or treatment or understand the reality in which she lives and the nature of the interior soul, and understanding the counterpart (the man) who is the focus of this phrase.

From this standpoint, a woman must reflect the mirror on herself and try as much as possible to create an aura of rights around her without asking for them through the nature of the response and request and the way words are presented in any dialogue that takes place between her and the other person, including a husband, family, and society.

So, dear woman, be the essence of life, and make yourself a positive mass that displaces everything negative, because you are the most important and no one else.



Women and success in decision-making



Assist. Prof. Dr. Buthaina Raheem Shawkat
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Women's participation in decision-making and their effective contribution are important topics for the advancement of society and bringing about positive change in social reality towards a form that achieves integration between the roles of men and women in life in order to achieve the true and natural identity of each of them with all the energies and capabilities that this identity carries.

The process of taking or making feminist decisions must be affected by women's status and reality in society according to the nature of the prevailing ideas about the feminist element in society and the influence of the social and cultural factor in formulating feminist thought and women's feelings towards themselves.

The concept of (empowerment) must also be clarified, as it is the process of enhancing capabilities and improving the status of a person (man or woman), knowing the rights and duties of each of them, and providing the cultural, educational, material and moral means to enable each of them to participate and make decisions at the level of public life.

There are five basic levels of empowerment:

The first level: is the ease of obtaining development resources and means of production available in society.

The second level: includes basic services represented by educational and health services, the level of securing food needs, and the level of income achieved.

The third level: includes the process of awareness and awareness in empowerment and means confronting wrong beliefs and practices.

The fourth level: It represents participation in the process of identifying needs, defining the problem, planning projects,

joining the community, and participating in decision-making. The fifth level: To control means the balance of power between women and men, so that neither of them dominates the other, so the gap emerges from the inequality of social and economic power between them.

In order for a woman to be able to make successful decisions, she must have specifications that enable her to assume decision-making positions. The most prominent of these specifications are:

- 1- Professional experience, desire to work and excel at it, creativity and innovation.
- 2- Strength of character.
- 3- Self-confidence.
- 4- Culture and erudition.
- 5- Scientific competence, especially in the field of specialization.
- 6- Integrity in terms of moral commitment, credibility, and justice with others, especially in the field of work.
- 7- The ability to take responsibility.
- 8- Flexibility in dealing with packages.
- 9- Join advanced training courses to keep pace with development and business etiquette.
- 10- Courage, boldness, and seriousness in facing problems and solving them.
- 11- Respecting the other opinion regarding superiors or subordinates.

These qualities are very important for women who enter the field of work to raise the status of society alongside the second and important half of the males to raise the country and its prosperity. This will only be achieved with the real and effective participation of both genders.

With all love and respect



How to protect yourself from breast cancer?

Assist. Lecturer: Elham Ahmed Mijbal Al-Dulaimi
University of Anbar/ College of Education for Pure Sci-
ences/ Department of Life Sciences

Breast cancer is one of the most common types of cancer in the world and is the second most common cancer in Iraq after lung cancer.

Breast cancer affects women and spreads to the breast and surrounding areas through the lymph nodes or blood vessels. It can affect all ages, as it has been diagnosed even at the age of twenty. It does not exclude women who are married to someone else or who are mothers.

Factors that increase the risk of breast cancer:

It affects women due to obesity, lack of exercise, drinking alcohol, hormone replacement treatments during menopause, early puberty in girls, having children, advancing age, previous history of breast cancer and family history in terms of the presence of other cases in the family.

Heredity and genetics also play an important role in the transmission of breast cancer between relatives, especially first-degree relatives. There is a gene called (HER2 neo) which is responsible for stopping the growth of abnormal cells. When a mutation occurs in this gene, it will allow the cells to divide, which increases the incidence of infection of Breast cancer. There are also two genes (BRCA1 & BRCA2) that play a genetic role in the transmission of breast cancer from one breed to another, or a visible sign of breast cancer is the presence of

a mass within tissues that differs from its normal tissue and is discovered in 80% of cases when a woman feels the presence of such a mass.

Breast cancer detection

- Early detection of cancer is through a mammogram, which is an x-ray device that pictures breast cells to detect any abnormal division in the tissues. This examination must be done annually for women older than 35 years.
- Swollen lymph nodes in the armpit area may also indicate breast cancer.
- Other signs - in addition to the appearance of a lump in the breast - indicating the presence of breast cancer:
 - Increased firmness of a specific area of breast tissue relative to normal tissue.
 - A change in the skin of the breast to a wrinkled or pitted appearance.
 - A rash appears around or on the nipple.
 - Strange liquid coming out of the nipple.
 - Feeling persistent pain in part of the breast or in the armpit area.
 - Swelling appears under the armpit area and around the collarbone.

Studies conducted in Iraq showed that the incidence of breast cancer in recent years increased from 95.0 in 2019 to 33.1, with Baghdad occupying the largest percentage, followed by Dhi Qar, Maysan, Nineveh, and then Basra in third place.

Commandments that must be taken into account

In light of the indicators mentioned above, we recommend ladies to examine the breast area weekly at home and notice the presence of any lumps, hardening, or enlargement. When there is something suspicious and pain in the breast area, you should see a doctor to do an examination and be reassured. Early detection of breast cancer protects you from worsening the condition and stops it. The disease spreads to areas beyond the breast.

We also do a mammogram annually, which is, as we mentioned, a radiological device that visualizes breast cells to detect any abnormal tissue division.





The Health of women in reproductive age

Mrs. Faten Zuhair Abdul Karim
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The health of women and mothers of childbearing age requires health care before, during and after pregnancy and childbirth in order to reduce the rate of diseases and deaths among mothers and women of childbearing age due to the impact of pregnancy and childbirth and for the purpose of ensuring a safe pregnancy and childbirth with the least possible complications. This requires motivations and encouragement of primary health care.

First: before pregnancy

The mother's health before birth is important for a safe pregnancy and birth, because pregnancy and childbirth pose health, physical, and psychological burdens on the mother. This primary health care includes early detection of chronic diseases, which can worsen and whose complications during pregnancy pose a threat to the mother's health, most notably poverty diseases such as blood, as well as the extent to which mothers are physically and psychologically prepared for pregnancy and childbirth, especially due to the increase in pregnancy among women aged 15-19 years in our country in recent years, and the increase in risks and complications of pregnancy and childbirth and the increase in deaths that this

age group poses.

Second: during pregnancy

This is for the purpose of reducing the effects of pregnancy and chronic diseases and their complications on maternal health by encouraging periodic visits to primary health care centers spread across the governorates and activating the role of the referral system for serious cases that require additional follow-up to specialized hospitals for pregnant women's care.

Third: Birth

In order to have a safe birth for both the mother and the fetus, pregnant women are encouraged to give birth in hospitals and centers designated for childbirth for the purpose of reducing the risks and complications of birth for both the mother and the fetus, most notably postpartum hemorrhage, which is one of the leading causes of maternal deaths during childbirth.

Fourth: after birth

Encouraging visits to primary health centers after childbirth for the purpose of following up on the mother's health and taking the necessary advice, each according to her health condition after childbirth.

As well as activating the role of family planning centers for the purpose of regulating childbirth and reducing the number of births, which may pose a threat to the lives of mothers by exacerbating the complications of repeated pregnancies and childbirth.



Fear of speaking in front of a crowd of people ... and how can it be controlled?

Fear of speaking in front of a crowd of people and how to control it
By MA Candidate

Naba'a Ali Sulaiman

What is the fear of speaking in front of an audience

Fear of public speaking is a common type of social phobia and one of the manifestations of performance anxiety in which a person feels intense anxiety about appearing visibly disturbed when standing in front of an audience, whether that audience is a small group or a large crowd. This phobia is the most common of all other types of phobias, as some experts estimate that up to 75% of the population suffers from this phobia at its various levels, starting from slight tension that is easy to control, represented by trembling hands and a trembling voice, up to unjustified levels of fear that affect... He is great at work, study, and social life, but with a spirit of perseverance and preparation, this fear can be overcome.

Glossophobia: It is a term that describes the fear of speaking in front of a crowd of people or the fear of speaking in front of an audience. Its causes include exposure to one unpleasant experience in the past, such as exposure to rejection, ridicule, or reprimand while speaking.

Dr. Jeffrey Strawn, an associate professor of psychiatry and director of the Anxiety Disorders Research Program in the Department of Psychiatry and Behavioral Medicine at the University of Cincinnati, says: "Fear of public speaking is more common in younger patients than in others, and may be more prevalent in females than males.

Fear of public speaking can prevent an individual from taking risks by sharing his thoughts and opinions and talking about his work, which directly affects the amount of his personal and professional growth. Over time, he tries to protect himself by avoiding situations that require standing in front of the public at all costs. This price may be very expensive in many cases. It is so common that some students may choose classes or majors other than those they prefer. Some graduates work



in jobs that do not suit their ambitions, and some employees overlook promotions granted to them and avoid meetings, all in order to avoid public speaking.

Why are we afraid to speak in public?

There are many reasons why people fear speaking in front of an audience or in public places. They are often linked to the combination of several factors, including what is biological, environmental and psychological. The most prominent of these reasons is when speaking in front of an audience of people who may threaten them. What if everyone rejects me or does not care about my speech? ? What if they think I'm boring or think I'm a bad speaker? This is what goes on inside the mind of anyone who suffers from the phobia of public speaking. It is not all about how good and logical the speech is, but rather it is about reputation and the fear of ostracism and rejection.

The fear of public speaking may be related to previous experiences. A person who has a bad experience with public speaking may fear repeating this experience again when trying to speak in front of an audience. As a result, they may avoid speaking in public places as an attempt to avoid embarrassment or rejection by others.

How can it be controlled?

Cases of fear of speaking in front of an audience are of mild to moderate severity. Therefore they can be overcome and eliminated. All a person needs is patience, a spirit of perseverance,

and good preparation before standing in front of an audience. There are many steps that can be followed to get rid of cases of fear of standing in front of an audience, including:

- Good planning of the information to be presented before the presentation date.
 - Visualize success. Visualize the presentation going smoothly. Positive thoughts can help you reduce negative feelings about performing in front of an audience and get rid of some anxiety.
 - Getting support plays a major role in helping people who have difficulty speaking in front of an audience and improving their level of performance.
 - Previous arrangement, practice, good preparation, and knowledge of the topic or material to be presented are among the most decisive factors in controlling fears in front of the public.
- In the end, although the fear of speaking in front of the public is considered an obstacle that prevents many from continuing their lives in a way that they are satisfied with, it can be easily eliminated through patience, perseverance, and practice. Therefore, one must not be harsh on oneself, continue training, and look at mistakes as an opportunity to improve one's skills.

Carbon quantum dots and their applications

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1-Introduction

The manufacture and use of carbonaceous materials dates back more than 3,000 years, beginning with ink and pigments. Since then, the use of carbon structures has evolved significantly in many applications. With the discovery of fullerenes and carbon nanotubes, carbon has expanded its versatility in the energy and environmental sectors.

Carbon nanomaterials are a new form of carbon that has gained widespread interest over the years due to its unique combination of mechanical, chemical, optical, thermal and electrical properties. Hence, they have been used in various fields of environmental, biomedical and energy sectors as catalyst support materials, fuel cells, drug delivery and gas storage.

2- Carbon quantum dots (CDs)

It is the latest generation of carbon nanomaterials. It is a type of nanomaterial containing carbon, and its dimensions are in the range of 2-10 nanometers.

Carbon quantum dots have aroused the interest of researchers in recent decades due to their unique properties, which include simple and inexpensive preparation methods, great physical and chemical properties, low toxicity, surface modification ability, excellent photoluminescence, excellent water solubility and high biocompatibility. Quantum carbon dots are often known as C-dots. Figure 1 shows the chemical structure of carbon quantum dots (CQDs).

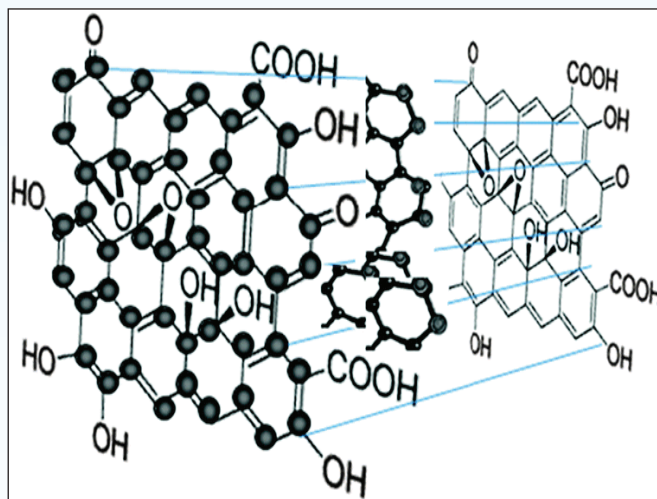


Figure (1) Chemical Structure of carbon quantum dots (CQDs).

2-1 Methods of Carbon quantum dots Preparation

Methods for preparing carbon quantum dots include several methods, including the chemical vapor decomposition method, the electric arc method, the laser method, the method of irradiating organic compounds with microwaves, the heat treatment method (hydrothermal treatment), the method using ultrasound waves, and the electrochemical carbonization method. Figure (2) shows some methods for preparing carbon quantum dots (CQDs) from natural raw materials.

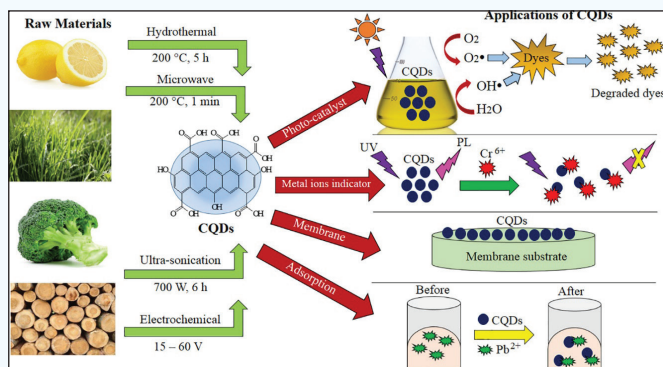


Figure (2) Methods for preparing carbon quantum dots (CQDs)

2-2 Application of Carbon quantum dots

Carbon quantum dots have great applications in various fields due to their easy and economical preparation. These applications can be classified as follows:

1.2.2 Biomedicine and biotechnology

Carbon dots have been widely used in a variety of scientific fields. The primary properties of carbon dots are phosphorescence and fluorescence, making them ideal for in vivo and in vitro biosensing and imaging. It can be utilized in drug delivery, photocatalytic reactions, photodynamics, and photothermal therapy. However, some problems arise from the use of metal ions in carbon dots, which are usually toxic and environmentally harmful, whereas classic carbon dots are non-toxic and significantly safer, allowing for good biological and environmental compatibility. It can also be used as an antimicrobial agent. For example, these QDs could be used to combat one of the most dangerous human pathogens today (coronavirus). This could be due to the inhibition of human SARS-CoV-229E entry, which occurs due to the interaction of boronic acid CQD activities with the HCoV229E S protein.

2.2.2 Flexible and wearable electronic devices

Due to their compatibility with the flexible matrix, CQDs have been successfully used to fabricate a wide range of flexible electronics, including supercapacitors, image sensors, and light-emitting devices. Immobilizing CQD onto the nanostructures of conventional supercapacitor electrodes is a successful way to improve the performance of supercapacitors.

3.2.2 Hydrogen fuel

Producing hydrogen fuel from renewable sources has remained a challenge in meeting global energy demand. Generating hydrogen fuel from green CQDs is a promising way to produce clean energy. Due to the abundance of elements and their high resistance

4.2.2 Solar cells

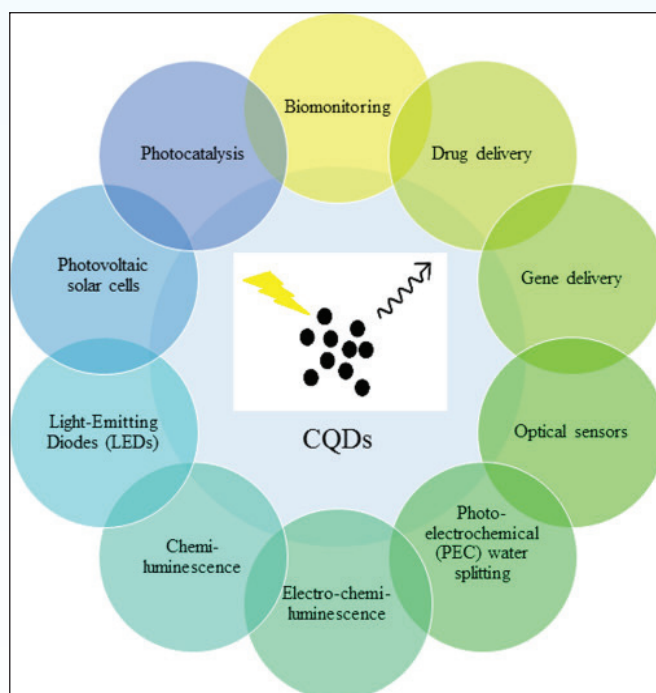
Quantum dot carbon (QDSC) solar cells appear to be a viable candidate due to the unique and adaptable properties of QD-SCs such as variable gap and high absorption coefficient.

5.2.2 Gas sensors

Electronic devices that detect and identify different types of gases are known as gas sensors (also known as gas detectors). Carbon quantum dots provide new insights into the properties of materials. Quantum chemical sensors research has emerged as one of the fastest expanding areas in modern sensing technology.

Quantum dot structures have shown promising sensing capabilities, meaning they are developing into a new class of materials for use in chemical-resistant devices.

Figure (3) Application of Carbon quantum dots



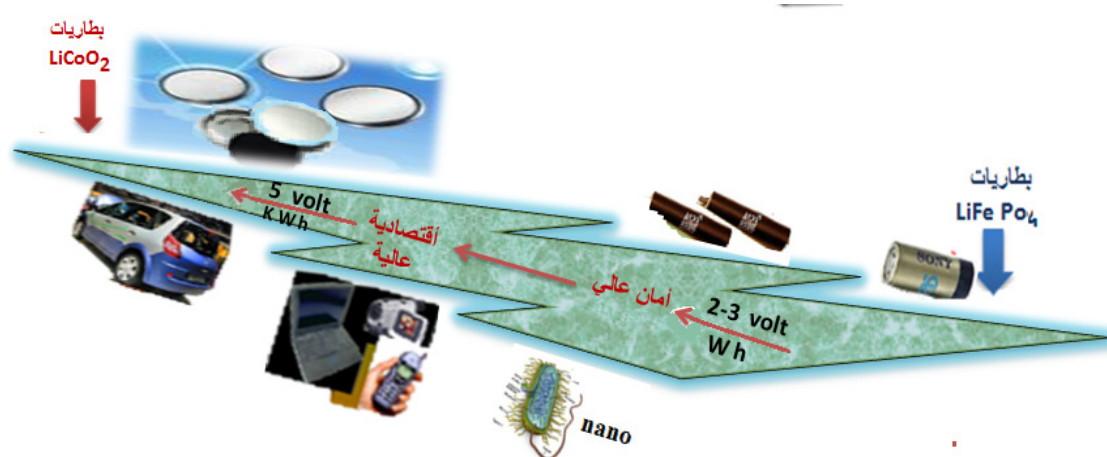
Lithium Ions and Renewable Energy Sources

(Lithium Ion Batteries)

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Energy has an important role in the human life of modern society due to the presence of polluting factors in cities and the environment and the limited supplies of fossil fuels. These aforementioned factors are making the use of electrical energy storage, along with the use of renewable energy, essential throughout the world. Building electrical systems to store energy is an imperative necessity in order to achieve a balance between supply and demand. The main goal of global energy sustainability means replacing all types of fossil fuels (oil, coal, natural gas) with renewable energy sources (geothermal energy), biomass, hydrogen, and batteries. The element lithium (Li) is one of the lightest alkali metal elements and is located at the beginning of the periodic table. It has a very low density compared to other chemical elements. It is found abundantly in nature in the form of nitrate salts due to its reaction with nitrogen gas and silver (Ag). Lithium has also become one of the most promising materials in various fields, especially in biological applications, because it offers unique properties such as: its low cost (Economical), availability of its salts in nature (Availability), ease of manufacturing (Manufacturing) in various shapes and sizes, and its chemical stability. Its high conductivity, low toxicity, high selectivity, superior durability, and its multiple uses. In addition, lithium is environmentally friendly because it is non-hazardous. Thin films of different shapes and small sizes of lithium ions can be used after the manufacturing process in battery applications in electric cars, as these batteries are distinguished by their high

storage capacity, lightness, and small size. Also, thin films of different shapes and small sizes of lithium ions are used in small electronic devices and in solar cells or for future electric vehicles without resorting to traditional methods of disposing of large and highly toxic batteries and getting rid of lead, which is one of the Environmental pollutants. The resulting powder or film will increase the life of storage systems, such as batteries, by approximately 90%, with better properties than what is produced by traditional methods of deposition and at a low cost, which leads to obtaining a great technical and economic return, and these have multiple industrial, environmental and health applications.





Plant Cell and Tissue Culture

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Introduction:

Although the world is witnessing a remarkable and unparalleled development in the technical fields at the present time, there are countries that still suffer from the threat of famine. Accordingly, interest has increased in recent years in practical applications in the field of biotechnology, especially in tissue culture technology, which relies on simple methods and inexpensive equipment as a result of agricultural research trends in finding ways to improve the production of basic agricultural crops to confront the problem of hunger in countries of the world. One of the weapons in the development of molecular biology and genetic engineering is modern plant cell and tissue culture techniques. These techniques have received a great deal of both practical development and commercial applications, thus changing the outlook of farmers and nursery owners all over the world and giving them a way to solve the problems of plant propagation that are difficult to propagate using traditional methods. Plant tissue culture technology has become the most important modern biological technology used in developing countries to obtain disease-free, high-quality plants characterized by

the rapid production of plants identical to the mother plant. Tissue culture depends on using part of the plant, such as the seed, part of the root, part of the stem, part of the leaves, anthers, or pollen grains, in a nutritious environment that mostly contains the necessary elements, with the addition of some growth regulators such as auxins, cytokinins, and hormones that stimulate growth.

Historical Background

The German scientist Haberlandt is a scientist specializing in plant physiology, and his first experiments in 1902 were the basis for the cultivation of plant cells, tissues, and organs to this day. Haberlandt stated that every plant cell has the ability to grow and form a full-fledged plant, and he predicted that workers in this field would one day discover a way to induce plant cells to show what is called totipotency (the intrinsic genetic ability of plant cells or tissues to grow into a full-fledged plant). In addition to the above, Haberlandt assumed the existence of growth hormones responsible for plant cell division, as well as their differentiation and unfolding, and they were not present in the environment he used. As for the contributions of other scientists, in 1904 the scientist Hannig obtained complete plants by culturing embryonic tissue on a food environment containing nutrients or a sugar solution until they were fully mature, which has recently become one of the famous methods of tissue culture and its applications.

Research continued in this field until the scientist Simon appeared in 1908 and was the first to transform tissue culture from a research process into a general laboratory production process, using vegetative shoots and roots from callus growing from the poplar plant. After that, many scientists appeared who studied the components of the nutritional environment and their effect on the growth and unfolding of cells. The discovery of auxins and then cytokines began in the early 1930s and 1940s, and the effect of each of them on the plant and its unfolding began. Progress in tissue culture continued with the advancement of other sciences such as plant physiology, genetics, biochemistry, and diseases. Tissue culture became a clear science with its rules, fundamentals, and trends in constant development, and it seemed to be the quick solution. And talk about the problems of agriculture in the world.

Plant Tissue Culture

Tissue culture is defined as cultivating plant cells, tissues, or organs in artificial environments with specific nutritional elements for the purpose of obtaining a complete plant. Tissue cultivation is done in the laboratory under conditions free of contamination. This is known as tissue culture technology. The scientific term is used to indicate the cultivation of any plant part on an artificial environment in the laboratory. It may be the cultivation of a cell, a group of cells, or their parts. This process is carried out under sterile conditions similar to surgical operating rooms. Currently, the plant tissue culture technique is known as the cultivation of plant tissue inside tubes (in vitro) and under conditions free of pathogens. As for plant propagation by tissue culture, micropropagation is known as the use of plant tissue culture (free of diseases) for the purposes of plant propagation and seedling production.



Benefits of Tissue Culture

Obtaining large numbers of plants that are difficult to propagate using traditional methods and in a short time.
 Obtaining virus-free strains.
 Producing plants with desirable characteristics and obtaining mutants or hybrids with good characteristics.
 Producing rare aromatic and medicinal materials in an economical way in the laboratory.
 Using genetic engineering more easily to introduce or transfer good traits to plants.

Stages of Tissue Culture

- The first stage, which includes separating the plant tissue under appropriate sterilization conditions, then cultivating it in an industrial environment, after which it is kept in incubators with appropriate temperature and humidity, as well as the presence of lighting.
- The second stage aims to increase the number of plants by transferring the growing plants to another environment characterized by its chemical composition, which in turn encourages the formation of new numbers of plants, and this process is repeated to obtain the desired numbers of plants.
- The third stage includes extracting the plants from the tubes, then they are planted in small pots. These pots consist of sand and agricultural soil, then they must be covered with transparent plastic in order to preserve the moisture. After that, it is ready to be distributed to the farmers so that the seedlings can be replanted in the fields.



Nanotechnology-Based Drug Delivery Systems: Recent Developments and Future Prospects



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Recent years have witnessed significant development in nanoparticles to include a wide range of clinical applications. Nanoparticles have been developed to overcome both the lim-

itations of free therapeutics and biological barriers - systemic, microenvironmental and cellular - and diversity across patient populations and diseases. In addition, variability between patients has also been overcome through precise treatments, as personalized interventions (which include choosing psychological treatments or pharmacological treatments) have

enhanced therapeutic effectiveness. However, nanoparticle development has continued to focus on improving delivery platforms with a one-size-fits-all solution. As nanoparticles based on lipids, polymers, and inorganic molecules are designed in increasingly specific ways, they can begin to be optimized for the purpose of delivering drugs in a more personalized manner, entering the era of precision medicine. In this article, advanced nanoparticle designs used in non-specific and microscopic fields that can be applied to improve precision therapeutics are discussed. Attention has focused on developing nanoparticle designs that overcome heterogeneous barriers to site-specific drug delivery, keeping in mind that intelligent nanoparticle design can contribute to improved efficacy in general delivery applications while enabling tailored designs for precise applications, thus improving patient outcomes.

Engineered nanomaterials contribute to improving disease diagnosis and treatment specificity. Nanotechnology can help overcome the limitations of traditional delivery – from large-scale issues such as biodistribution to smaller barriers such as intracellular delivery – through cell-specific targeting, organ-specific molecular transport and other approaches. Therefore, the US National Science and Technology Board launched the National Nano Initiative in 2000 and mapped out well-defined initiatives and major challenges for the field in order to facilitate the investigation and clinical translation of these promising nano-enabled technologies. These initiatives have supported recent efforts to investigate and improve nanotechnology, of which nanoparticles constitute a significant portion of the advanced research published.

Nanoparticle research has spread widely, and has achieved promising results in *in vitro* and small animal models for the following reasons: Nanoparticles have the potential to improve the stability and solubility of encapsulated drugs, enhance their transport across membranes and prolong circulation times to increase safety and efficacy. But the number of nanomedicines available to patients, despite extensive effort and research stimulated by the US National Science and Technology Council, is far lower than field expectations, in part because of a transition gap between animal and human studies. This gap comes due to a lack of understanding of the differences between physiology and pathology between animal model species and humans, specifically how these differences affect the behavior and functions of nanomedicine in the body and this limits clinical translation. The term clinical translation means research that leads to a better understanding of disease and/or the development of new diagnostic tests or treatments. Differences in physiology and pathology between animal model species and humans are not the only factor limiting clinical translation. Fear and hesitation among patients can also limit the success of nanomedicine, and there is currently only limited research on the interactions between nanomedicines and combinations of patients. Thus, among approved nanomedicines, few are recommended as first-line treatment options, and improvement is seen in only a small subset of patients. This is partly due to unexplored heterogeneity in both the biological underpinnings of diseases and among patients, which alters the efficacy of nanoparticles because the growth,

structure, and function of diseased tissue alters the distribution and function of nanoparticles.

Newer nanoparticle designs have taken advantage of advances in controlled synthesis strategies to incorporate complex structures, biologically responsive moieties, and targeting agents to enhance drug delivery, although many early iterations of nanoparticles were unable to overcome these biological barriers to drug delivery. These nanoparticles can therefore be used as more complex systems – including nanocarrier-mediated combination therapies to alter multiple pathways, maximize therapeutic efficacy against specific macromolecules, target specific phases of the cell cycle or overcome drug resistance mechanisms.

This new trend in generating nanoparticles to overcome biological barriers specific to patient subgroups or disease states can be attributed, in part, to the establishment of the Precision Medicine Initiative in 2015 as well as the increasing diffusion of precision or personalized medicine. The goal of precision medicine is to use patient information—such as genetic profile, environmental exposures, or comorbidities—to develop an individualized treatment plan. The use of precision reduces the impact of variability and difference between patients and allows patients to be triaged or classified into different groups more accurately, improving the quality of medicines and improving dosing strategies or drug combinations. However, precision therapeutics are subject to the same biological barriers to other drug delivery, limiting their clinical potential. As such, novel nanoparticle designs, based on patient data and designed to overcome specific barriers in a stratified patient population, can significantly improve the delivery and response to precision medical therapies.

Clinical translation of nanomedicine (clinical translation is research that leads to a better understanding of a disease and/or the development of new diagnostic tests or treatments) will be facilitated by focusing the review on developments in nanomedicine. In addition, it improves patient-specific therapeutic responses, with a focus on taking advantage of biomaterial innovations and biomedical engineering to overcome biological barriers and variation and differences between patients. Progress towards the goals set by the National Nanotechnology Initiative and the Precision Medicine Initiative to improve individual disease treatment can be demonstrated by this review. This review also focuses on providing precision medicine treatments, as it is believed that these medicines will have a significant impact on nanoparticles in the future, despite the fact that nanoparticles have been successfully used in precision diagnostic applications. Moreover, biological barriers that have limited the broad success of nanoparticle applications are discussed and rational nanoparticle designs aimed at overcoming these obstacles are critically reviewed. Distribution and delivery trends from decades of nanoparticle research are also covered, as the impact of nanoparticle properties on therapeutic responses is explored. As new opportunities emerge for the clinical translation of nanoparticle-based precision therapeutics in cancer medicine, immunotherapy, and *in vivo* gene editing, these emerging topics combined with increasing sophistication in engineering nanoparticles for specific applications are of particular interest.

Nano Drug Delivery Systems

Despite the recent success of a number of drug delivery systems, there are some challenges that must be addressed, and advanced technology must be developed to successfully deliver drugs to the target sites. Therefore, nanoscale based drug delivery systems are currently being studied which will facilitate advanced drug delivery system.

Fundamentals of Nanotechnology in Drug Design

Drug design at the nanoscale is considered one of the most advanced techniques in the field of nanoparticle applications due to its potential advantages such as the possibility of modifying many properties such as solubility, drug release profiles, diffusion, bioavailability and immunogenicity. Modifying these properties thus leads to improvement and development of suitable delivery methods, reduced toxicity, reduced side effects, improved biodistribution and extended drug life cycle. Nanostructures deliver drugs by both: self-delivery and indirect delivery. In the former, drugs are incorporated into the inner cavity of the structure mainly via the hydrophobic effect. When nanostructured materials are targeted to specific sites, the intended amount of drug is released due to the low content of the drugs encapsulated in a hydrophobic environment.

Categories of Nanoparticles Used in Drug Delivery Systems

Nanoparticles with Lipid Bases

Lipid-based nanoparticles have various substructures but are typically spherical platforms consisting of at least one lipid bilayer surrounding at least one internal aqueous compartment (Figure 1).

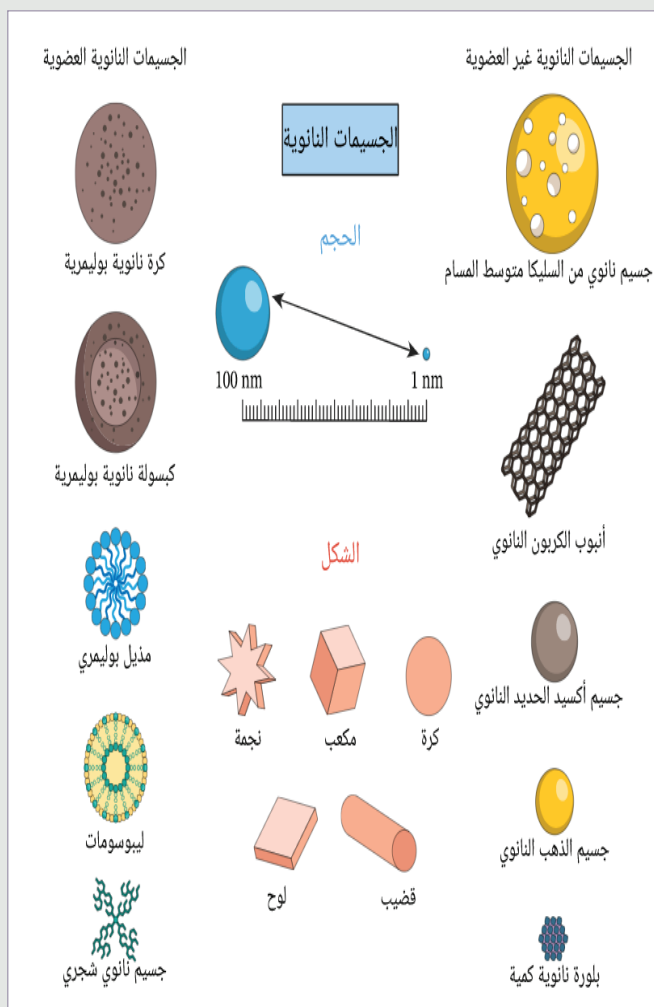
Lipid-based nanoparticles are the most common class of FDA-approved nanomedicines for the following reasons: As a delivery system, lipid-based nanoparticles offer many advantages including simplicity of formulation, self-assembly, biocompatibility, high bioavailability, and the ability to carry large payloads and a range of physical and chemical properties that can be controlled to modify their biological properties.

For liposomes - one of the subgroups of lipid-based nanoparticles that contain the largest number of organelles - typically composed of phospholipids, which can form both mononuclear and multilateral vesicular structures, this allows the liposome to carry and deliver hydrophilic, hydrophobic and lipophilic drugs, and can even trap hydrophilic and lipophilic compounds in the same system, thus expanding its uses. Their stability in vitro and in vivo is altered by both nanoparticle size, surface charge, lipid composition, number of lamellae and surface modifications (with linkers or polymers), which can be changed during synthesis.

Polymeric Nanoparticles

Polymeric nanoparticles can be made from natural or synthetic materials, as well as monomers or preformed polymers – allowing a variety of possible structures and properties. They can be formulated to enable precise control of many nanoparticle features and are generally good delivery vehicles because they are biocompatible and have simple formulation parameters. Polymeric nanoparticles are synthesized using different techniques such as emulsification (solvent displacement or diffusion), nanoprecipitation, ionic gelation, and microfluid-

ics, all of which lead to different end products. Therapeutics can be encapsulated within the nanoparticle core, loaded into the polymer matrix, chemically coupled to the polymer or attached to the nanoparticle surface. This allows the delivery of different payloads including hydrophobic and hydrophilic compounds, as well as cargoes of different molecular weights such as small molecules, biological macromolecules, proteins and vaccines, making polymeric nanoparticles ideal for co-delivery applications. By modifying properties such as synthesis/composition, stability, responsiveness and surface charge, the effectiveness/efficiency of loading and release kinetics of these therapeutics can be precisely controlled. The most common forms of polymeric nanoparticles are nanocapsules (cavities surrounded by a polymeric membrane or shell) and nanospheres (solid matrix systems). Within these two broad categories, nanoparticles are divided into forms such as polymer-somes, micelles, and dendritic/branched. In general, polymeric nanoparticles are ideal candidates for drug delivery and are useful in oncology diagnostics and gene therapy for the following reasons: because they are biodegradable, water soluble, biocompatible and biomimetic, stable during storage, and their surfaces can be easily modified for additional targeting. It allows it to deliver drugs, proteins and genetic materials to target tissues. However, disadvantages of polymeric nanoparticles include increased risk of particle aggregation and toxicity.



Only a few polymeric nanomedicines are currently approved and used therapeutically by the US Food and Drug Administration, but polymeric nanocarriers are currently being tested in several clinical trials.

Inorganic Nanoparticles

Inorganic materials such as gold, iron, and silica have been used in the microfabrication and formulation of nanostructured materials of various sizes and geometries for various drug delivery and diagnostic medical imaging applications. Inorganic nanoparticles have unique physical, electrical, magnetic and optical properties, due to the properties of the base material itself. Gold nanoparticles are considered the most studied as they are used in different shapes such as nanospheres, nanorods and star shapes. For example, gold nanoparticles have free electrons on their surface that constantly oscillate at a frequency that depends on their size and shape, giving them photothermal properties.

Another material being investigated for the synthesis of inorganic nanoparticles is iron oxide, as iron oxide nanoparticles constitute the majority of inorganic nanomedicines approved by the Food and Drug Administration. Inorganic nanoparticles are uniquely qualified for applications such as diagnostics, imaging, and photothermal therapeutics due to their magnetic, radiation, or plasmonic properties. As these particles mostly have good biocompatibility and stability, they fill specialized applications that require properties that cannot be reached by organic materials. However, they are limited in their clinical application due to low solubility and toxicity concerns, especially in formulations using heavy metals.

Nanotechnology Based on Natural Products and Drug Delivery

In developing countries, according to a WHO report, the basic health needs of about 80% of the population are met and/or supplemented by traditional medicine. The scientific community is currently focusing on studies of bioactive compounds, their chemical composition and pharmacological potential of various plant species, to produce innovative active ingredients that exhibit relatively minor side effects than existing molecules. Plants have been documented as huge sources of natural compounds of medical importance for a long time and still have many resources for the discovery of new and effective medicines.

However, the discovery of active compounds through natural sources is associated with several problems because they originate from organisms whose metabolic composition changes in the presence of stress. In this sense, the pharmaceutical industries have chosen to combine their efforts in developing synthetic compounds. However, the number of synthetic molecules actually commercialized is decreasing day by day, hence the search for active compounds based on the natural product is once again coming into the limelight despite its hurdles. The formation and activity of many natural compounds have already been studied and proven. Alkaloids, flavonoids, tannins, terpenes, saponins, steroids, phenolic compounds, among others, are the bioactive molecules found in plants. However, in most cases, these compounds have low absorption capacity due to the inability to cross lipid membranes due

to their high molecular sizes, resulting in low bioavailability and efficacy. These molecules also exhibit high systemic clearance, necessitating frequent applications and/or high doses, making the drug less effective for therapeutic use. The scientific development of nanotechnology can revolutionize the development of formulations based on natural products, providing tools capable of solving the above-mentioned problems that limit the widespread application of these compounds in nanomedicine. The use of nanotechnology in the medical field has been widely studied in the past few years. These barriers can therefore be overcome and allow the use of different compounds and mixtures in the preparation of the same formulation. Moreover, they can change the properties and behavior of the compound within the biological system.

Natural product-based substances fall into two categories: (1) those that are site-specific and released at specific sites to treat a number of diseases and (2) that are mostly used in the synthesis process.

Most research aims to cure cancer, as it is the leading cause of death worldwide at present. In the case of cancer, various organs of the body are affected, hence the need to develop alternative medicine to target cancer cells is the highest priority among contemporary researchers. However, a number of nanomedicine applications for other diseases are also being worked on. The recent development in nanotechnology has helped change the medical rules used in preventing, diagnosing, and treating diseases, and we have become living in the era of nanomedical technology. Nanotechnology, for example, provides new ways to carry medicine inside the human body (called nanocarriers with sizes reaching the nanoscale). Be able to target different cells in the body.

Many types of nanoparticles are used in medical applications, such that they act as drug carriers or imaging tools inside the body, and different types of manufactured liposome nanoparticles are currently used as delivery systems for anti-cancer drugs and vaccines.

The use of nanotechnology in this field aims to develop the therapeutic effect of drug molecules, as drug delivery methods are of great importance in medicine, which requires precise movement through biological processes in the body through the use of drug carriers, which achieves greater success if these molecules and their interactions are controlled. With other cells, there is increased control over the shape and size of these molecules and their surface chemistry.

This review discussed several nanoparticle designs optimized for therapeutic delivery and designed to overcome heterogeneous biological barriers that exist across patient populations and diseases. These barriers to delivery are complex due to patients' comorbidities, different stages of disease progression and unique physiology.

There has been a constant demand for new natural biomaterials as they are biodegradable, biocompatible, readily available, renewable and low in toxicity. As well as identifying such polysaccharides and proteins as natural biopolymers, research into making them more stable under the environment of industrial processing and biological matrix through techniques such as crosslinking is among the most advanced areas of research at present. Polymeric nanoparticles (nanocapsules) have also



been introduced and nanospheres) fabricated through solvent evaporation, emulsion polymerization, and surfactant-free emulsion polymerization have been widely used. One of the great interests in the development of nanomedicine in recent years relates to the integration of treatment and diagnosis as exemplified by cancer being a model disease.

Since the 1990s, the list of FDA-approved products based on nanotechnology and clinical trials that include synthetic polymer molecules has increased dramatically; and liposomal formulations; and small nanoparticles; protein nanoparticles;

Nanocrystals and many other types are often combined with drugs or biopharmaceuticals.

Although regulatory mechanisms for nanomedicine coupled with safety/toxicity assessments will be a subject for further development in the future, nanomedicine has already revolutionized the way we discover and administer drugs in biological systems. Thanks to advances in nanomedicine, our ability to diagnose diseases and even combine diagnosis and treatment is becoming a reality.



Why Learning from Mistakes is Prevented by the Brain

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Why do our brains allow us to repeat mistakes we made in the past? How can we control cognitively to avoid falling into it again? This issue is considered very important and the focus of research and investigation for cognitive psychologists.

We learn from our mistakes. That's what we've been told since childhood, but science shows that we often fail to learn from previous mistakes. Instead, we will likely keep repeating the same mistakes. What is meant by errors here? It is that we all agree that we learn quickly. For example, if we put our hands on a hot stove we will get burned, and therefore we are unlikely to repeat that mistake again. This is because our brains create a response to physically painful threatening stimuli based on previous experiences. But when it comes to thinking, behavioral patterns and decision-making, we make mistakes more often, such as being late for appointments, leaving tasks until the last minute, or judging people based on first impressions. The reason can be found in the way our brain processes information and creates templates that we

refer to over and over again. These templates are essentially shortcuts that help us make decisions in the real world. But these shortcuts, known as heuristics, can cause us to repeat our mistakes.

Humans are not naturally rational, although we like to believe that we are. Information overload is exhausting and confusing, so we filter out the overwhelming stimuli. We only see parts of the real world according to our inclinations and beliefs, and we tend to notice things that are repeated because they do not bother us to think about them, whether they are repeated in specific patterns or not. We also tend to preserve our memories by generalizing and stereotyped, and our brains pick conclusions from the scattered data they receive and use cognitive shortcuts to create a version of reality that we implicitly want to believe. By exploiting all of this, we can reduce the flow of incoming information, which helps us connect the dots and fill in the gaps with information we already know. And in the end, our brains are lazy and it takes a lot of cognitive effort to change these cognitive shortcuts we've already created. We are therefore more likely to return to the same patterns of behaviors and actions, even when we are conscious of repeating our mistakes. This process is called confirmation bias,

which means our tendency towards confirming and proving what we already believe instead of changing the way we think and incorporating new information and ideas. We also follow what is called internal instinct, which is an automatic type of unconscious thinking that relies on our accumulated previous experiences to make judgments and decisions in new situations. We sometimes adhere to certain behavioral patterns, and we repeat our mistakes because of (the influence of the ego) that forces us to adhere to our current beliefs. That is, we tend to select information that helps us maintain our ego.

On the other hand, one experiment found that people who were frequently reminded of their past successes were more likely to repeat successful behaviors, and that people who were aware of or were deliberately reminded of their past failures were less likely to change the pattern of behavior that led to their failure. That is, people are more likely to repeat the same behaviors.

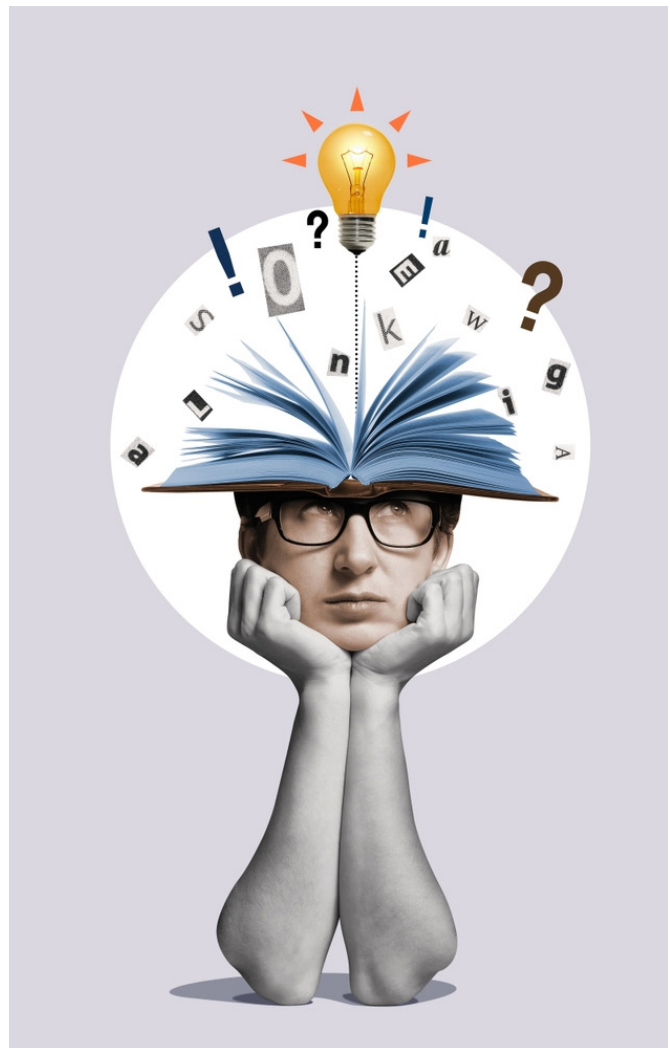


The explanation is that we often feel frustrated when we remember those failures, and frustration in those moments prompts us to indulge in behavior that makes us feel comfortable and familiar. Even when we carefully deliberate our thinking, our brains will be biased toward the information and stereotypes that they are already accustomed to, regardless of

whether they are in charge. About these errors, this effect is called biased knowledge or bias towards the familiar.

Despite all this, we are still able to learn from our mistakes. In one experiment, researchers showed a group of people and monkeys a group of bright and loud moving dots on a screen, and monitored their guess of the direction of movement of these dots based on monitoring the movement of their eyes. The researchers found that the people and monkeys' thinking slowed down after... They encounter an error in the movement of the points. The greater the severity of the error, the longer they waited and slowed down, meaning that during their time of waiting they stored more information, but the quality of this information was low. In short, our cognitive shortcuts may force us to skip over new information that may help us prevent repeating mistakes.

In fact, if we are making mistakes while performing a certain task, repetition bias (or repetition bias) will often cause us to repeat these mistakes when we repeat the same task. In other words, our brains begin to assume that the mistakes we made previously are the correct way to perform this task, and design innate or normal error path. So as we repeat this task, the chance that we will cross this error path will increase, and it will become deeply ingrained after our brain adds it to its permanent set of cognitive shortcuts.



Ethics of Professional Work

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The situations and experiences we go through sometimes make us prepare an idea or experiment to analyze those situations, and other times we need to talk to others to understand those ideas.

So what about us when we see and hear about certain situations, such as a school principal ignoring one of her educational staff, such as a teacher or employee, when she enters the school administration room, knowing that that principal was once a student in that school and receives knowledge and educational guidance from that teacher?

How can we do when we see an advanced feminist team that refuses to stop when a visitor or official enters while welcoming or saying goodbye under any reason whatsoever?

From this standpoint, I will begin my talk with you under the title (Work Ethics) and under topics that include:

- 1- The concept of professional work ethics.
- 2- Definition of job etiquette and its importance.
- 3- Types of job etiquette.
- 4- Job etiquette skills.
- 5- Distinguishing job work (by following body language.

First: Professional work ethics:

Professional work ethics includes everything that is right or wrong at the same time. Ethics includes a set of rules that must be followed in order to analyze obstacles and avoid them by using correct and upscale behaviors that contribute to the success of professional work. These refined societal behaviors are called (etiquette). This word was used by the French to refer to (the card). This card explains the progress of the work program, as King Louis

But what made Louis

The irregular influx of visitors made him think about designing a card organizing that delegation and presenting it to the king, thus gaining the king's acceptance and admiration, and from here was the launch of invitation cards for all countries.

What was mentioned above makes us feel that etiquette does not mean using a fork and knife or participating in high-end societies, but rather it is built on a private and public basis.

We will not leave the French the priority in following etiquette, but rather the Islamic teachings that were recorded on the authority of the Messenger, may God bless him and grant him peace, referred to it when he said (Beware of sitting in the streets. If you refuse, give the road its due rights. They said: What is the right of the road, O Messenger of God? He said, lowering your gaze, refraining from harm, and returning peace.) . This means that even if etiquette is a French word, its roots are among the teachings of true Islam.

So what is the etiquette? It is a set of practices and behaviors



stipulated by social norms, as well as good moral behavior among members of society, stemming from essential components for career success. These ethics focus on how to present oneself in front of people skillfully and professionally to prove that you are an employee who can be trusted with colleagues and with those who deal with him through the profession. (client or reviewer), and due to the importance of respect, humility and kindness among groups in the professional environment, it helps support confidence in dealing with different life situations and gives you that social skill that helps strengthen your individual identity.

Professional etiquette helps us think about our behavior and realize the feelings of others and their rights, which gives us the etiquette of coexistence with others. Etiquette does not only mean saying “thank you” and “please,” but rather how to use appropriate speech in situations.

Second: Types of etiquette:



-Etiquette for dealing with the manager:

- 1- Respect for time: an important aspect that reflects interest and commitment to the responsibilities assigned to the employee.
- 2- Appearance: The external appearance and commitment to it constitute a good impression of the employee’s sophistication.
- 3- Understanding motivations: The employee must understand how the manager thinks and how to analyze matters. This requires that he monitor the manager’s reaction to lapses and the actions of colleagues and clients at work.
- 4- Setting boundaries: Respect personal life by not talking about personal and private affairs in front of employees.
- 5- Establish distance: A distance must be left between the employee and the manager while speaking.
- 6- Decency in speaking: kindness, a calm voice, and staying away from criticism and complaining. When the manager’s opinion is present, we must be careful in mentioning it and choose an appropriate style of speaking about it.
- 7- Accept criticism: You must accept criticism directed at the employee if it is objective and work to correct it.
- 8- Avoid joking: Do not insult or joke in an inappropriate way, and it is preferable to stay away from it.
- 9- Not responding to the official: This does not mean that we cannot discuss it, but rather we must choose the appropriate methods for it.

-Etiquette for dealing with co-workers:

- 1- Mutual respect and instilling a good impression from the first time.
- 2- Equality regardless of race, sect, color, age or gender.
- 3- Pay attention to body language, tone of voice, and behavior.
- 4- Avoid criticism in simple matters and do not belittle each other.
- 5- Communication and exchange of information and skills (team spirit).
- 6- Respect the privacy of others (by not talking about their personal lives in the workplace).



-Dealing with clients and those outside work (job).

- 1- Listening well to customers (those outside the department).
- 2- Giving him the space to ask questions and inquiries.
- 3- Providing an apology when we do something wrong, and we must adhere to the deadlines with it.
- 4- Be calm (control emotions) and show everything that is positive and talk about it optimistically.
- 5- The auditor is provided with a schedule of tasks, dates, and the period within which he will receive his form.

-Dealing with e-mail:

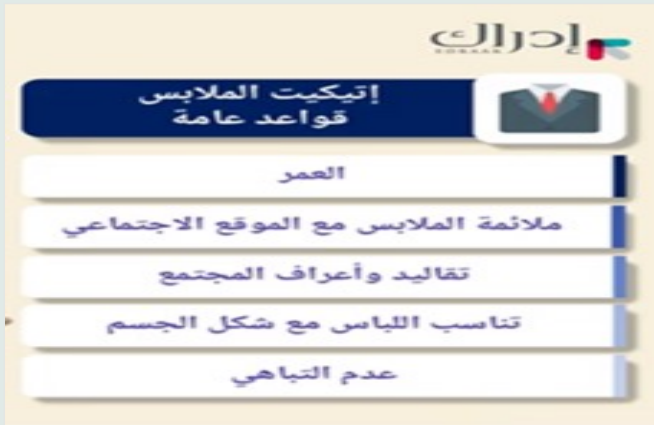
There are two types of e-mail, one for personal communication and the other for professional communication. We must follow the following points with the second type.

- 1- Briefness in the hadith.
- 2- Focus on the point or topic of communication without being distracted by a large number of unimportant phrases.
- 3- Do not use electronic shapes or smiley faces in official communication.
- 4- In responding to messages, we must respond individually and not respond to everyone if we receive a message sent by a group.
- 5- The internal response does not exceed one day, and the external response does not exceed three days.

-Etiquette for dealing with official meetings:

- 1- We must prepare for the appointment and arrange our personal engagements.
- 2- Introducing the guest members, if any, at the meeting.
- 3- Put the phone in the bag, make it silent, and do not use it in meetings, so as not to distract from the conversation taking place in the meeting.
- 4- Give five minutes to attendees to prepare for the meeting.

- 5- Set a clear agenda, so people have enough time to think about contributions and ideas before submitting.
- 6- Give space and time to everyone who wants to participate and speak.
- 7- Avoid discussing in a loud voice to avoid disturbing the meeting members.
- 8- Avoid deviating from the main topic of discussion.



Third: Job etiquette skills:

- 1- Short speech and brevity in content.
- 2- Handshake style.
- 3- Appropriate clothing and movements.
- 4- Introducing oneself to others.
- 5- Body language.
- 6- Do not interrupt.

-Etiquette of external appearance:

The external appearance is a statement that is an image of the employee and an initial message to others without words or introduction. Fitness and external appearance are important whether in the job or outside it, and the important rules that must be observed are:

- 1- Age (adults must not wear teenage clothing), as it expresses the person's social position, as the principal must not wear evening clothes at school (professional differs from social).
- 2- Societal traditions and customs: We must take into account our customs and traditions, and we must take into account the place (villages, not cities) (inside the country, not outside it).
- 3- Staying away from what attracts attention is developing in mental openness and staying away from things that provoke others and offend the modesty of onlookers.
- 4- Dressing suits the body shape (hides defects).
- 5- Do not brag, take into account social status, and be careful not to show social differences.

Fourth: Body language

1- Handshake: As shown in the pictures below, there is a difference between a man shaking hands with a man, a man shaking hands with a woman, and a woman shaking hands with a woman.

The difference is in the movement of the fingers and the palm. The handshake movement of a woman with a man is by presenting her fingers and not her entire palm as in the case of a man with a man. Also, the following must be taken into account:

- a- Not making a sound when shaking hands.
- b- Leave a slight, unobtrusive bend on both sides during the handshake.

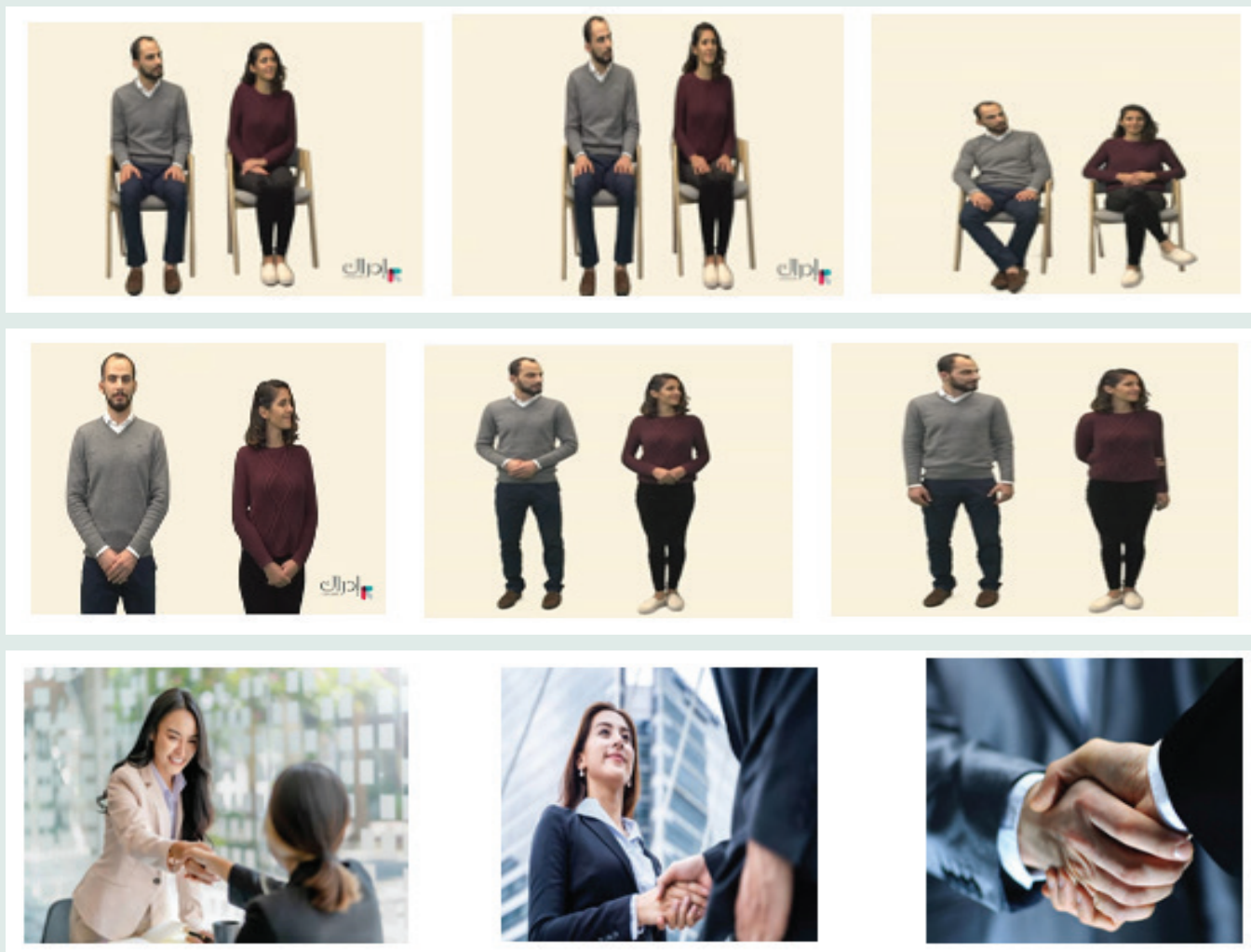
c- Do not shake hands while sitting.

2 -Standing as shown in the pictures. The etiquette of standing distinguishes the stance of a man from a woman, as the woman must have her legs together as if she is drawing the number one, while the man's legs should be straight and slightly apart as if she is drawing the number (11), and the following must be taken into account:

a- The movement of the shoulders is straight and not tilted backwards or forwards. In addition, the movement of the head is also forward and not raised downward, which indicates neglect, while if it is raised upwards, it indicates condescension. Therefore, we must stay away from those two movements and make it straight and moderate with the shoulders. straight ahead.

b-Leave a distance of an arm's length between the two people.
c-The hand movement in the pictures is all wrong, only one movement is correct when placed on the navel or below the navel.

3- Sitting: The way of sitting has an effect in leaving a good



impression on the person that he has good etiquette. The pictures below distinguish the correct style from the wrong one, and we must take the following into account:

- 1- For a woman, she should not place one leg on top of another in the following cases (when wearing a skirt and dress, when sitting with elderly people during official meetings and gatherings).
- 2- For a woman, she must make the movement of the hands, one above the other, extended over the legs, as in the illustrations.
- 3- One of the mistakes in sitting is not making it a bed (i.e. sitting while reclining).

The subject of business ethics (job) has become one of the topics of great interest by governments, universities, and international and local organizations, embodied in the form of Transparency International, the introduction of the subject as an independent study subject in almost all international universities, and the establishment of various agencies in countries to combat administrative corruption. There are many sources on which ethics are based in any society, and the relative importance of these sources and their ability to form ethical standards and principles varies from one society to another and from time to time, including religion, history, traditions, customs, national and patriotic culture, tribal and family formation, leaders, political parties, the media and their development. The scientific and practical experience of society are all

considered sources that contribute to shaping business ethics in any society.





Reading Challenge

Developing generations to love reading and master it from a young age.

Reading enlightens the insight and shows things from a special angle from which only readers see. The library is the place where you should get lost in order to find yourself, as it does not bring disappointments. As Emerson said, "Books are the most enduring traces of time."

Whoever reads becomes free forever. Getting close to the elderly, thinkers, and writers is like a journey in a world full of passion and knowledge, where experiences that we were ignorant of will amaze us.

The Arabic language is the eternal language and it is the language that ALLAH has singled out for distinction, making it His language in which He addresses His servants and all of His creation. Why don't we read when we are a nation? Read.. a nation whose religion is the book. (Read) is the first obligation. (Read, O Muhammad) is the only one that gives you the end of its anthem: "Say, 'The truth has come and falsehood has perished. Indeed, falsehood has perished.'" Read to live and live...

Whoever reads becomes free forever. Getting close to the elderly, thinkers, and writers is like a journey in a world full of passion and knowledge, where experiences that we were ignorant of will amaze us. The Arabic language is the eternal language, singled out for distinction by ALLAH. It is the language in which He addresses His servants and all of His creation. Why don't we read when we are a nation of read! A

nation whose religion is the Quran (Read) it is the first obligation. '(Read, Muhammad)' is the only one that gives you the end of its Say, "(The truth has come and falsehood has perished. Indeed, falsehood has perished). Read to live and live... The balance of a person is his/ her mind, not his/ her appearance, so always keep your mind surrounded by books.

(I breathe the books. I have lived in them more than in any other place. I have interacted with the greatest minds. I have traveled to many places.. Through them I learned about many civilizations. I learned about the past and history of my country; I learned about the lives of the Companions and the great Prophet Muhammad (may ALLAH bless him and grant him peace). I learned how to be strong and how to overcome the difficulties. This was part of my personal experience in the (Arabic Reading Challenge) in its seventh session this year. It was an enjoyable journey. In a short period of time, I read more than (115) books, novels, and stories in various fields. I ranked first in my school, and then I secured the top position in the General Directorate of Anbar Education, and then I qualified for the Baghdad Governorate (final assessment). Unfortunately, the luck was not on my side for qualification in the United Arab Emirates. Praise be to ALLAH, I was honored by His Excellency the Minister, and that is enough for me. I will try and try because I have not learned to give up.

Tabarak Yasser
Age: 16 years.





Autism Between the Linguistic and Medical Concept

**Asst. Instructor. Maha Imad Obaid
Presidency University**

The word “autism” has become popular recently, so we hear that so-and-so has autism, and this one has autism, and this one is autistic, so when we say: he has autism, this carries an indication that it is a disease, and it is possible that this disease is mental or physical.

Before this, we must know what is meant by this word linguistically and terminologically, it is said that the word “Autism” originally comes from the Greek term ‘Autism,’ which is divided into two halves: ‘Aut,’ meaning self or individual, and ‘Ism,’ meaning isolation, that is, self-isolation.”

Autism is a mental disability that affects a child’s social abilities, weak ability to establish social relationships with others, weak verbal communication with members of his community, and isolation in himself.

This disability begins at an early stage of life, we see children who prefer isolation and staying away from what brings them into contact with society, they love routine in their daily lives and strongly hate any change, this is common among autistic

patients, and others have hyperactivity, and this is what doctors diagnose (hyperactivity). As for their language, it is disordered, either late, its vocabulary is limited, it is non-existent, or it is deficient.

Regardless of its various forms, it falls under the general concept, which is the isolation of the child from their community, aligning with the linguistic meaning of this term.

Autism varies widely, the most prominent of which are:

- 1- Hereditary genetic causes: where the child’s genes are susceptible to infection or there is a defect in these genes.
- 2- Psychological reasons: attributed to the child’s poor social upbringing and his difficulty adapting to members of society.
- 3- Environmental causes: resulting from (environmental pollution, malnutrition, excessive smoking by pregnant women,...).
- 4- Biological reasons: such as mental weakness, or a defect in the brain.

We must pay attention to this phenomenon and limit it, and not underestimate it because of the danger it poses to our society and to our future generations, because psychological causes are the most common causes.

A Story and a Lesson

A Father's Supplication on His Son



Prof. Abdul Wahed Hamid Al- Kubaisi (Ph.D)

The old sheikh was sitting with his son, while they were talking, there was suddenly a knock on the door, so the young man went to open the door, a strange man enters the house without greeting him, heading towards the old man, saying to him: "Fear God and pay off your debts, for I have been patient with you more than necessary. My patience has run out now. The sheikh was silent and embarrassed in front of his son, who worked hard all the time selling goods he took from merchants in order to make a small profit from them, and he was known for his honesty and trustworthiness.

The son became sad to see his father in this bad situation, and tears began to well up in his eyes, then he asked the man: «How much do my father owe you « ?

The man replied: "More than (6 million dinars)," and the young man said: "Leave my father alone, and give good tid-

ings, God willing." The young man went to his room to bring the money to the man. He had in his possession (3 million dinars), which he collected while working, and he was saving it for his wedding day, which he was impatiently awaiting, but he chose to alleviate his father's distress with it.

The son entered where the father and the creditor were.

He said to the man: "This is a payment from my father's debt. I promise good news, and we will pay you the rest soon, God willing." The sheikh cried profusely, asking the man to return the amount to his son. He needs it, and he is not at fault for that, except that the man refused to fulfill his request, so the young man intervened and asked the man to keep the money with him, and to demand the debt from him, and not to go to his father to request it.

Then the boy returned to his father and kissed his forehead, saying:

My father, your value is greater than that amount, and every-

thing comes in its time. Then the sheikh embraced his son and kissed him, and he burst into tears, saying: “

May ALLAH be pleased with you, my son, and grant you success and guide your steps.”

The next day, while the young man was busy and tired at work,

One of his friends, whom he had not seen for a while, visited him, and after greeting and admonishing, the visiting friend said to him:

“My brother, yesterday I was with one of the most prominent businessmen, and he asked me to look for him for an honest man with high morals, loyal, and who has ambition and the ability to manage the business successfully”.

I have not found anyone I know who has these qualities other than you. What do you think about taking up the job, and let’s go immediately to meet the man in the evening?”

In the evening, the expected date was between the businessman and the son, and the man was very comfortable with him, and asked him about his work, so he said, “I take goods every day and sell them”.

The man replied: I will give you my new shop to manage, and the profits will be shared equally between us, and you will get a newer model car.

As soon as the son heard these words, he cried profusely, saying: “Give good news, my father.”

The businessman asked him why he was crying, and he told him what happened two days ago. He immediately ordered the businessman to pay his father’s debts, and this is the result of being kind to his parents.

Dear reader, embrace the righteousness of your parents so that you may receive their prayers for you for goodness. On the authority of Abu Hurairah, he said: (The Messenger of ALLAH, may ALLAH bless him and grant him peace, said: (There are three supplications that are answered, of which there is no doubt: The supplication of an umbrella. prayer, the supplication of a traveler, and the supplication of a father for his child) Narrated by Al-Tirmidhi (1905), It was authenticated by Al-Albani in Sahih Al-Tirmidhi.

This Religion is Great

She and her husband were talking about topics related to their married life, everyone loved each other in a strange way, and in an instant things changed and in an hour of anger it turned into a quarrel. Yes, this is not the first time, but this time is different from previous times!!

She asked her husband for a divorce; Which led to his anger being ignited until he took out a piece of paper from his pocket and wrote on it, “Yes, I am so-and-so, the son of so-and-so, and I affirm with all my mental strength that I want my wife, and I do not want to abandon her, and whatever the circumstances and whatever I do, I will continue to hold on to her, and I will not settle for another wife other than her to share my life with me, and she is My wife and love forever.

The husband put the paper in an envelope, handed it to his wife, and left the house angry so that she would not feel anything, all this while the wife did not know what was written on the paper, and then she felt guilty for making this mistake and rushing to request it.

The wife is in trouble now, where should she go? And what

do you say? How did the divorce take place? All these questions put her in a whirlwind and confused, so what could she do? What happened and what happened?

The husband suddenly returned home, and quickly entered his room without speaking a word. So his wife followed him and knocked on the door, and he answered her in a loud and angry voice: What do you want?

The wife said to him in a low and frightened voice: Please open the door, I want to talk to you, then decide what to do...!! After some thought on the part of the husband, he opened the door to the room, only to find that his wife was sad, with tears of remorse streaming down her cheeks, and she asked him to ask the sheikh for a fatwa, because she completely regrets what she did, and she did not mean what she said. The husband replied: Are you remorseful and sorry for what happened? The wife answered him in a broken voice: Yes, by God, I did not mean what I said, and I deeply regret what happened and I do not know how I volunteered myself to ask for a divorce for this trivial reason!!

After that, the husband asked his wife to open the paper and look at what was inside to determine what she wanted, she opened it and could not believe what her eyes saw. She was filled with joy as she read the paper.

So she went up to her husband and kissed him while crying, with tears streaming from her eyes, and said passionately: By God, this debt is great. Because he placed infallibility in the man’s hand, and if he had made it in my hand, I would have divorced you 20 times.



Life has Colours

by Dr. Haneen Shartouh Sharqi

After a very cold, rainy winter night, I sat near the fireplace, wrapping myself in my pain, lamenting the specter of my loneliness. Sometimes we laughed... sometimes we quarreled, I flirted with her... she flirted with me, and I sipped with her my regrets, "What is the matter with her cups that do not run out and do not melt the frost of our souls!", I would not have had it. After that tumultuous night, I could only embrace my loneliness and fall into a deep sleep, only for it to awaken me with gusto at the dawning of a new dawn, interspersed with the same monotony and smells of boredom and boredom. Together, we could drink the bitterness of isolation. I lean on it to walk through life's bumps and sail against the current. The masts of our boats with their tattered sails would break at some point and we would be swept away by the waves. Sometimes into the unknown, and between brokenness, faltering, and defeat, we continue to complete a repeating day like the rest of the days.

I checked on my squirrel this morning and found it in the trees I gathered firewood and lit a fire on which we roasted the acorns

The sky looks clear, my dear squirrel.

He smiled as he bit the acorn between his teeth

Silence prevailed throughout the place, and the flame of the fire mimicked the glow of silence, as if they were in a long debate.

From among the trees emerged the ghost of a broad-shouldered old man with a bushy beard and long hair covered in white, his body covered in a dark black robe, packing his bags for a long journey.

Hello sir -

- Why do I see you traveling?

He roared and thundered, and his eyes rained torrents

Sir, will you allow me to do this dance to the tunes of your showers? -

He nodded yes

He extended his hands and danced with me, with fluff on our foreheads

I ran and scooped balls from its sides, making a snowman out of them

My squirrel screamed:

This iceman is missing a carrot. I will replace it with an acorn.

The Sheikh smiled and stroked my head affectionately. I spread out his dark robe as he stroked my forehead.

- How compassionate you are, great Sheikh

He waved his giant stick to those around him to calm down and take a nap.

I woke up to the smells of toast, the warmth of fireplaces, and the rambunctiousness of my squirrel

That old man remained with the fire raging in front of him while the frost shivered around him

What's wrong with you sir? -

It's time to leave -

My face is dark

Are you leaving? how? -

You are my security and my wishes... in your nights my dreams are renewed... with you I fell in love with the fragrance of books... and the groan of cups as they poured their tears, I departed above your clouds to the world of imagination, the nights showered me with dreams... I see in each of your nights a dream that is renewed.

How can you leave when the lovers' summer stays long?

Do you know sir? You have no right to leave.

. This is the order of the universe... We must leave, but must return.

The birds must return to their nests... and the flowers have the right to have their cheeks touched by the sun's rays.

Cocoons have the right to emerge into life.

The earth is pregnant with good things and the groans of its labors herald the birth of a fragrant, blooming spring. It is futile to remain, the utmost selfishness... and I am nothing but an old, sterile old man.

But sir, life is more beautiful with you. -

: Choose -

Your life? Or the life of the universe?

I hung my head in sadness as I bid him farewell, slowly withdrawing his wealth, leaving behind meadows criss-crossed by rivers, declaring a carnival of birds and brightly colored butterflies.

Here is a squirrel playing with his children, his beautiful squirrel is full of life, the meadows are blooming, and the roar of the waters is in harmony with the birds' songs.

All living things came out to the light, and whoever wanted to come out to the light endured the hardship of darkness and struggled with the frost of life. Nothing is born from nothing, and labor is difficult after birth.

Here I realized the wisdom of that sheikh, and that the universe has a system.

If he had lasted, we would not have seen the colors of life for a day.

The Nice Primary School

Girls of May

Prof. Nasra Ihamead Jadou (Ph.D)

How did all years go so fast? It seems like yesterday that we came into this world. We do not hate getting older as much as we discover that what we really hate are all the hours, days and months that we have wasted on things that are not worth wasting any moment of our lives for.

From the moment of forming the awareness of what is surround us as we leave childhood, the shaping of memories begins. My memory is accompanied by snapshots of the features of my life in the first grade of primary school: my classroom, my teacher, and my classmate who shared the seat with me, even the sitting direction. The rough texture of the elevated blackboard above the ground, the confusion of our little fingers as we tried to grasp the white chalk mold. We were young and unable to reach the middle of the blackboard. We, who wrote the beginnings of our life story at the bottom of the blackboard

And oh, the beauty of endings when we gather at the narrow iron door of the school to leave, with joy we eagerly anticipate every day.

In fact, my memories at that stage almost fill the pages of a simple booklet, not even those formed in intermediate school ... which was difficult by all standards, with my father falling ill and the cursed war that consumed everything green and dry... the eight-year war... as my memory refused to retain

many of the painful details of that period...

Our life really began in secondary school ... perhaps because our level of mental maturity had reached the stage of awareness ... the stage of feeling the value of life and living even in the most difficult circumstances .. we were on the verge of the beautiful days of youth .. we liked everything different ... Even the rebellion was charming despite the cruel consequences..

Fortunately, we were taught by an elite group of teachers... beautiful, smart, and even tough... we formed wonderful friendships, some of which live with us to this day. I still remember that period with great love and pride... I never felt the value of the years of study in college or the master's and doctoral stages, despite their importance... I continued to feel that the middle school days were my real birth certificate... Once again my memory omitted many details... Once again my memory was selective... I chose to hold onto specific things and discarded the rest into the wastebasket of time..

It is nice to feel a sense of belonging to something in the world—to a piece of time—to something that truly belongs to you and shapes the features of your personality..

Because it is a part of my time, memories of unforgettable moments still accompany me... they place me at a crossroads between a past that pulls me and a present that I flee from it... One day I said to one of my lifelong friends whom I had from that flourishing stage of my life: Today's friendships are completely different from yesterday's friendships. I feel that

today's company is like a delicious fast meal, but it is worthless. Its flavor is quickly forgotten at the first cup of cola we drink with the meal.

She reminded me of some delightful moments... we used to sit in a sunny place along the pathway behind the buckthorn tree, creating jokes about various situations... She had a habit of scribbling... she grabbed a dry branch, broke it, took a thin stick from it, and drew circles on the dirt... the circles resemble the rotation of thoughts in her brain who never stopped explaining everything...with a specific funny flavor... For two consecutive years, we were a group of about 8 girls sitting in the middle area between two teams in the class. A close-knit group composed of smart students, some of whom were sisters or relatives of certain teachers, and another closed group of students who spent the lesson in silence and observation but eventually succeeded... We were the group that occupied the middle ground in everything — academically and in seating arrangements in the classroom. However, we were the most dynamic, the most committed to our duties, and the most present in sports activities... Everyone enjoys their free time more ... although we were not intellectually compatible on many matters, despite everything, we were of the type of people who loved the environment of everything... living between the extremes of the seasons in a country that did not know moderation... We are that class that does not belong to anything other than its beautiful selves, the beauties of May... warm with the warmth of its days in which the summer stars compete, knocking on doors with usual cruelty.

It seems that what we live and what we learn in our academic lives is what shapes our existence ... we were the middle class and we are still part of it in our society .. we are the ones who oscillate between two different regions: up and down, above and below, poverty, wealth, and so on, hanging on the rope of legitimate ambition that has become shorter behind us until it has been cut off or almost cut off in these days in which the equation of private and public schools prevails.. where first-class proposed doctors, engineers, and elites graduate, and the proposed for teachers, young employees, and the second-class unemployed, except for a few exceptions that heaven has bestowed upon a small and very rare few of the talented poor, this is the erosion that has befallen this dying class.

Today, those who identify with the middle class strive to join the ranks of the upper class through various means, exploiting the fragility of the educational system and its shameful gaps deliberately created by ignorance or intention among the people. It seems that the middle class is on its way to extinction, as the saying goes and echoes. This will eventually give rise to another class that forms the nucleus of the upper class, casting them to the bottom while they climb the ladder of ambition. However, in a less affluent society, due to the multitude of designations and the abundance of everything rare yesterday, everything changes rapidly and relentlessly.

I am the daughter of the unique fickle month of May which headbutted the summer by the horn of the stubborn zodiac Taurus, and that student who continued to live in that age, I want to remain in that class even though I sometimes share people's ambitions... I don't want to know what will happen in the future... I like to keep my memories, which some

like to liken to the fine chinaware that we inherited from our grandmothers, intended for display and not for use.. I love this forbidden, useless luxury in my lifestyle.. and this unique difference in which I share with a generation of people heading toward extinction so that the world after us will remain ugly, strange, and depressing... no one owns it..

Prof. Nasra Ihamead Jadou (Ph.D)





Rushing to Judgment

Dr. Saadah Hamdi Swaydan (Ph.D)
College of Education for Humanities

Sometimes we are hasty with our words and hurt those in front of us, so do not rush to judge. The teacher asked the student Muhannad: What does your father do? Muhannad was silent and did not answer. The teacher asked him again: What does your father do, Muhannad? Muhannad remained silent and did not answer! The teacher shouted at him in front of the students and said: You stupid, don't you know what your father does?! Muhannad raised his head and said: Yes! He's sleeping in his grave.

One day, two friends quarreled. The friend could not stop his tongue from firing missiles at his friend who had angered him, his words were sharp, harsh, he carried all the anger, distress, and anger within himself, both friends returned to their homes. The angry person calmed down and came back to his senses, while the angry person was sad and unable to believe that his friend would hurt him with these harsh, inflammatory words. After the angry man regained his senses, he regretted and felt pain, the world narrowed for him as much as it welcomed, his words were very harsh. I wish the words would return once again to one of us... so he said to himself, and regretted it in pain, the friend decided to apologize to his friend and ask his

forgiveness. Indeed, he went to him apologizing and broken, asking him for pardon and forgiveness. The friend accepted his friend's apology and forgave him for the harshness of his words and the harshness of his hurtful expressions, but the apologetic friend did not forgive himself. He felt that something had broken in his relationship with his brother, he was anxious to think about how to return the water to its course, and to tear that painful page from the notebook of his relationship with his friend. He went to a wise man who had always gone to him seeking advice and sound opinions. The wise man said to him: Obey me in what I ask of you, and you have my sincere advice. The regretful friend agreed without delay, and the wise man said to him: Take this small bag. It contains twenty chicken feathers. Place one in front of each house in our neighborhood, then return to me. The man did not argue with him about his request, but rather answered him and took the bag from him, and did what the wise man told him to do. When he returned, the wise man said to him: Now go and come back to me with the feathers again. So our friend went and came back with the bag empty, as the feathers had been blown away by the wind. Here the wise man smiled and said: Our words are like feathers, they come out of us and fly farther than we thought, and we cannot return them or control them as long as they have left our lips.

It is very easy to ruffle feathers here and there, and it is also easy to utter harsh words and phrases, but if we want to repeat any of them again, the matter is not easy or easy.

The wisdom that the wise man meant is that controlling behavior, even if it is difficult, is easier to save than to return a harsh word or impulsive behavior.

If we want to have people's hearts, we must train ourselves to exercise self-control and control different feelings and sensations.

The tongue wounds the heart just as a knife wounds the body of one of us, and just as healing a body wound is not surprising, healing a heart wound is possible, especially if the one who hurts it apologizes beautifully, forgives, and accepts the excuses.

However, whether physical or sensory, a wound, even if it heals, inevitably leaves a lasting mark that indicates its presence throughout one's life. So, what compels us to leave negative impressions in the hearts of others, telling them and ourselves how unkind and mistaken we were.

The poet said:

“Hoping for a cure for the wound caused by the sword
But there is no cure for what the tongue has injured.”

Denying Blessings:

For the covenants (of security and safeguard enjoyed) by the Quraish, I learned its interpretation, and I became even more in awe of ALLAH. It's the first time I heard a reprimand for Blasphemy of blessings. Thanks be to ALLAH, by His grace, righteous deeds are completed. Read the reason for the revelation of this Surah. This is the first verse of Surah Quraysh addressing a life issue, which is the 'abundance of blessings.' ALLAH says to us: For the familiarity of the Quraysh and their habit of straightening out their interests and their journeys in winter and summer without regard to the giver and extender of these blessings! The people of Quraish were accustomed to poverty, hunger, and simple primitive life, to the point that when one of them reached extreme poverty, he would take his family to a place called "Al-Khebaa" where they would stay until they all died of hunger. This custom in pre-Islamic times was called "Al-Etifar".

There was a large family called Bani Makhzum. They were all going to die of extreme hunger.

When their news reached Hashem bin Abd Manaf, one of the

major merchants... He was dissatisfied with the presence of this ignorance and poverty among the people of the Sacred House, so Hashim bin Abd came... and changed this custom... and said to them: You have introduced a custom by which you are humiliated among the Arabs, and you are the people of the House of ALLAH, and the people follow you... He divided the tribe into clans, and ordered each rich person to divide his money with the poor people from his tribe until the poor person became like the rich person.

He taught them the basics of trade, and organized for them two trips a year, a trip to the Levant and a trip to Yemen. In the Levant, he taught them the trade in fruits in the summer, and in Yemen he taught them the trade in agricultural crops in the winter, until the best of the Levant and the best of Yemen came to Mecca, and the people of Mecca became in a better condition, and the phenomenon of self-restraint (Al-Etifar) ended.

The people of Quraish began to deny blessings by not thanking God for them... and to deny blessings is to become accustomed to them but not see them as blessings..

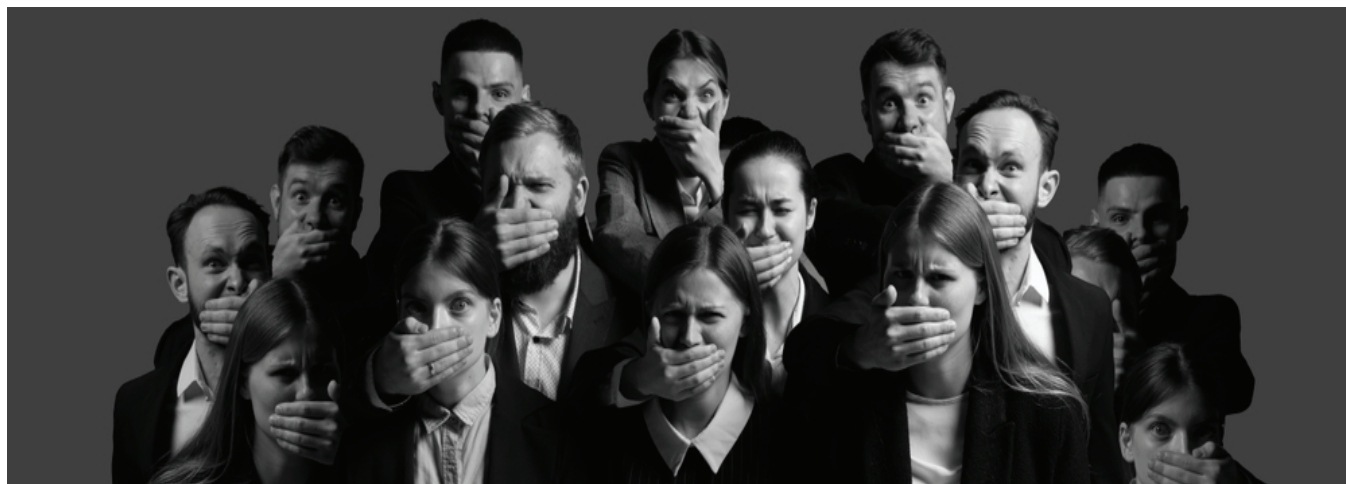
When the Quraysh were accustomed to the blessings that ALLAH had bestowed upon them, ALLAH revealed to them the divine command to worship ALLAH.

(Let them worship ALLAH of this House, who has fed them from hunger and made them safe from fear).

The blessings of ALLAH upon people in general are countless, and if they do not worship Him for all of His blessings, then they should worship Him for this one blessing, which is an apparent blessing and is a perpetual blessing, which is feeding them after hunger, and providing them with security after they have become accustomed to living in terror and fear of death... (Feed them from hunger * and protect them from fear)

Do not become accustomed to denying blessing, but thank ALLAH for being blessed with His grace... Rejoice in God's blessing upon you and be thankful for it, even if it is repeated a thousand times, because the mere continuity of a blessing is a blessing, and a thousand blessings and not thanking them is ungratefulness and injustice..

Let the word "Praise be to ALAH" be on your tongue at all times. Say it in your heart with satisfaction and conviction because of the great reward it contains. thank ALLAH ever and forever .



Andalusian women

By Prof. Israa Tariq Hamoudi Al-Jubouri
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Andalusia witnessed a cultural renaissance in various aspects, especially the scientific aspect. The people of Andalusia excelled in various sciences, including the religious sciences such as interpretation, hadith, jurisprudence, the Arabic language sciences, literature, and other sciences. The pursuit of knowledge was not limited to men only, but the Andalusian woman had the same role. The Andalusian woman was a memorizer of the Qur'an, a narrator of hadith, a jurist, a poet, and a writer.

Among the women who memorized the Qur'an in Andalusia was Fatima bint Abi Ali Hussein al-Sadafi, from the city of Murcia. She grew up as a righteous and ascetic, memorizing the Qur'an, adhering to it, remembering many hadiths in prayer and she had good handwriting and was committed to reading books.

Among them is Fatima bint Abi al-Qasim Abd al-Rahman al-Ansari al-Sharrat. From the city of Cordoba. She recited

the Qur'an to her father heartedly.

Among them was also Fatima bint Ateeq, from Maliqa. She was a memorizer of the Qur'an, recited it often, and was devoted to doing good deeds and acts of righteousness.

Among the Andalusian memorizers is Sayida bint Abd al-Ghani al-Abdri, from Granada. She grew up in the city of Murcia and taught the Qur'an. She was brilliant and excelled in her calligraphy. She taught the Qur'an in the homes of kings, so she traveled to Fez and to Tunisia, where she taught the Qur'an in the palaces of its kings. She continued to recite, maintaining prayers and remembrances, and striving for good deeds with the success of righteous and altruistic workers, including acquiring possessions, freeing slaves from captivity, and other acts of righteousness, until her death.

As for the woman of Andalusia, who had knowledge of hadith, Umm al-Saad bint Issam al-Himyari was known as Saadouna, by the people of Cordoba. She had a narration on the authority of her father, her grandfather, and others.

Among them is Zainab bint Abbad Al-Maafiri, a Shatibiyya. She narrated on the authority of her father, and he permitted her. It includes Dijaina, who was virtuous and had many nar-



rations, who fasted and was steadfast. Also among the scholars of the hadith was Illah bint Sulaiman bin Manqoosh, who is an aberration. She narrated on the authority of her father and her son Abu Amr Othman Al-Samarqandi narrated on her authority.

Also among the hadith scholars is Zainab, the daughter of Abu Umar Yusuf bin Abdul-Barr al-Nimri, from Cordoba. She lived in Shatibah with her father and narrated on his authority, as righteous and virtuous.

Muhja bint Issam Al-Qurtubiyya, who narrated on the authority of her father and grandfather, is at the same time a writer and poet.

Among the women of Andalusia who distinguished themselves in literature and poetry was Warqaa bint Yantan, a Toledoan, She was a writer, a good poet, a memorizer of the Qur'an, and a skilled calligrapher. Nuzha bint Al-Qulayi was a writer, a poet, quick to answer, and full of humor and humour. Among those who were also famous for literature and poetry was Aisha bint Ahmed bin Muhammad bin Qadim Al-Qurtubiyya. In her time, there was no one among the women of Andalusia who equaled her in understanding, knowledge, literature, eloquence, poetry, chastity, masculinity, and prudence. She used to praise the kings of Andalusia and address them with any need that came to her, but she would not deny it. Intercession for them. She had a unique handwriting, wrote copies of the Qur'an, was concerned with collecting books, and was interested in knowledge. She had a large and rich library, and she had wealth that helped her live supported her generosity, she was a historical writer and had a work on Qayyan al-Andalus.

Zainab Al-Maria was a writer and poet. Hafsa bint Al-Hajj Al-Rakouniyah was the poet and writer famous for her beauty, family name and wealth. Among the prominent poets of Andalusia was Umm al-Kiram, daughter of al-Mu'tasim ibn Samadah, Malik al-Meriya

Among them was the prosodist, Mullah Abu Al-Mutarraf Abd al-Rahman bin Ghalboun al-Katib. She had learned grammar and language from her master, but she surpassed him in that. She excelled in presentations, and she memorized Al-Kamil by Al-Mubarrad and Al-Nadir by Al-Qali and explained them.

Due to the skillfulness of Andalusian women in the field of literature and poetry, they worked as clerks for the Andalusian princes and caliphs. Al-Adilah Mozn became famous. She worked as a clerk for the Caliph Al-Nasir li-Din Allah. She was famous for being a presenter, skilled in writing, skilled in handwriting, a grammarian, a poet, and a keen arithmetic participant. There was no nobler woman in their palace than her. As for Lubna, she was a clerk to Caliph Al-Hakam Al-Mustansir Billah, and Nizam also became prominent as a clerk in the Caliphate Palace in Cordoba during the days of Hisham Al-Muayyad bin Al-Hakam. She was eloquent, perceptive and a writer of letters.

Caliph Al-Hakam Al-Mustansir paid great attention to science and scholars. He was passionate about collecting books and entrusted the management of the great Umayyad library to his brother Abdul Aziz. He entrusted the supervision of the University of Cordoba and its teachers to his brother Al-Mundhir. He used to spend most of his time in the city of al-Zahra, in its magnificent splendor and quiet shadows, indulging in reading and studying. This passion for collecting books, in the era of rule, was not limited to the prince, as many of the era's notables and scholars set about establishing private libraries filled with precious books. Educated women also had a passion for collecting books and establishing libraries. Among the most famous of these was Aisha bint Ahmed bin Qadim, who was mentioned previously. She was one of the most brilliant women of her time, and her book treasury was one of the richest and most valuable private libraries. The book market in Cordoba was one of the most famous and bustling markets. Indeed, this passion for collecting books spread to the Christians and Jews themselves, and many of them were fluent in the Arabic language and tasted the fruits of Arab thinking in terms of literature, poetry, philosophy, and others.

Andalusian women also became prominent in theology, including Zainab, the daughter of Abu Ya'qub Yusuf ibn Abd al-Mu'min ibn Ali al-Wahidi. She learned the science of theology and other things from Abu Abdullah bin Ibrahim. She was a true scientist. And other Andalusian women who excelled in various sciences, but cannot mention them all here as these are mere few samples of what Andalusian women were like.



Education in Ancient Mesopotamia

By Dr.Nadia Mahmoud Farhan Al-Kahli
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Talking about education must be taken from its primary and original roots in the history of humanity, especially (the societies of the peoples of that era), i.e. prehistory, the period before the use of writing and before the writing of history. At that stage, education was mostly achieved orally, through observation and imitation. ...of local beliefs, values, practices. Knowledge, transmitted orally from generation to generation through people. Some forms of traditional knowledge were expressed through stories, myths, folklore, rituals and songs, without the need for a writing system. The helping in this process included poetic uses such as rhyme and alliteration. These techniques are considered illustrative, and the stories are referred to as part of the oral tradition. Before the development of writing, there were already epic poems, and hymns to the gods that were done by repeating various forms of recitation have been learned by many generations through memorization.

Education in Mesopotamia was more sophisticated and advanced than it was in the rest of the ancient civilizations and countries, as there was a real presence of educational institutions that were called board houses, and students of knowledge sat on stools made of bricks, and the lists of words indicate the existence of a graded educational system in The fourth millennium BC. The school texts found in the city of Shorpak, dating back to the middle of the third millennium BC, provided direct evidence of this, as at the ends of those tablets were found writings representing exercises, the names

of the students, and the names of their fathers their teachers. Kramer (1980) states that the emergence of the school as the official educational institution in Mesopotamia was a direct result of the invention of the cuneiform writing method, but the progress that occurred in the centuries that followed that date was somewhat slow, as in the third millennium BC, until a number of One of the schools in Sumer dating back to 2500 BC.

It seems that the objectives of the Sumerian school at its beginning were mainly directed at teaching the Sumerian language to employees in the field of administration and economics who worked in state offices at that time. Over time, these schools developed into centers of science and culture, in which various branches of knowledge were taught, such as theology, linguistics, botany, geography, mathematics, etc., and the Sumerian schools, as Kramer points out, were considered centers of literary and creative writings that embraced all literary works and monuments.

As for formal education in Assyria, as Lucas (1980) states, it was primarily limited to the upper classes, and was managed by court institutions, while merchants and craftsmen were among the educated, especially in Babylonia. As for the schools that fulfilled their desires for knowledge, they were private institutions of an educational nature. Higher education, with some exceptions, was exclusively the share of administrators, scribes and nobles, while some princes were entitled to receive a complete education. Lucas adds that the establishment of schools was due to linguistic duality and the difficulty of learning cuneiform writing on one's own, so the first educational institutions in the history of civilizations were established, which were called schools, which were not lim-





ited to learning cuneiform signs, but rather included various sciences, and with the spread of schools, education in general remained limited to a limited class of people, so the learners were Scribes occupy important social positions.

Among the works that the Babylonians left for us are what we can call linguistic dictionaries, which are tables of cuneiform signs and their meanings in the Sumerian and Akkadian languages. There are other dictionaries specifically for explaining words and explaining the rules of the Sumerian or Akkadian language, and other tables with the names of animals, plants, stones, organs of the human body, etc., and the learners had to Save such tables and use them when reading or writing. Just as there are some texts that helped us understand the state of education in the Old Babylonian Testament, in addition to these linguistic dictionaries, there is a reconstitution of a curriculum in the school of the Old Babylonian Testament based on what is called the House of Tablets (Beit Tubibi), then a test text from Assyria, around 900 BC. . (Kramer, 1980)

Documents were also found consisting of a thousand clay tablets. Some of these tablets contain vocabulary written as school exercises, which indicates that our ancient ancestors were thinking about teaching methods since the third millennium BC, and some of them contain exercises written by the students themselves as part of their daily duty.

Fortunately for modern researchers, a significant number of cuneiform texts related to education and its methods were found, written down by scribes who considered themselves teachers in school. Such texts have provided us with comprehensive information about the method of school management,

school life, its curricula, and the means and methods of teaching. Among the most prominent of these texts are the following titles: School days; And the troublemakers at school; The writer and his prodigal son. The contents of these texts indicate that the school was run by a professor or expert, and if a student graduated, he was known as (the school's son in the past days). The task of the teacher (the big brother) was to write the new tablets prepared for the students in order to copy them, examine the students' copies, and listen to them as they memorized their daily duties

The educational process was carried out under the supervision of a group of experts whose roles were distributed according to the specialization of each of them. There is, for example, the supervisor of the Akkadian language and the supervisor of the Sumerian language. In this text, he refers to some of the teaching methods that were followed in the schools, as it is mentioned that school hours begin early in the morning. And it continues until the end of the day. The student had to adhere to the working hours, otherwise he would be punished with a cane, just as is the method followed until now in some of our primary schools.

It seems that memorization had a role, as it has to this day, in the progress of the student's studies and the speed of his learning. The big brother and the assistant teachers must have a role in guiding the student, interpreting the meanings of words, terms, and oral expressions, and training them in the method of reading and writing in a practical way.



Guidance by the Stars

By Asst. Ins. Bedaa Hamdi Saleh
Office of president of the university

I have often been struck by this holy verse (and signs and by the stars they are guided) (Surat An-Nahl, verse 16). So how can one be guided by the stars and make them a guidance to the path in the vast desert and vast seas and oceans? How are imaginary shapes and objects drawn and connected to obtain a specific shape? All of these questions often mixed with my thoughts and the thoughts of many people. At the beginning, what are the stars? Stars are a very large mass of volatile, luminous gas and dust that attract each other due to gravity. They turn into stars over time and differ in shape, size, mass, color, age, and other properties. Stars are composed of many gases, the most important and largest of which is hydrogen gas, which constitutes about (75%) of their composition, and also helium gas, which constitutes approximately (about 23%) of their composition, and the remaining percentage consists of carbon, oxygen, and other materials and gases. We now return to the question we asked, which is: How can we be guided and guided by the stars and make them a guide to reaching the specific destination or specific place? There are many ways in which we can find the way, one of which is the method of using the stars. The stars appear at night, especially in nights when the moon is in the new phase, that is, it is not visible so that its light is not obscured by some stars. By identifying some star groups, the direction of the north can be determined. This is by identifying the most famous star groups in the sky, through which the star is identified. The pole, which the Arabs always take as a guide to the beginning of the journey, which is always in the north direction. The ancient Arabs depicted it in the form of animals and other shapes in order to be guided by it, including:

Ursa Minor (little bear) : Or what is called the daughters of Ursa Minor, whose important and main stars are seven stars that are close to each other and contain at the end (at the tip of Ursa Minor's tail) a clear and bright star, which is the North Star (which is located in the direction of Ursa Minor). North.

Ursa Major (big bear): - Or the so-called daughters of Ursa Major, which consists of seven stars. The first four stars are in the shape of a quadrilateral resembling a coffin, and the three on the tail are called the daughters. They are brighter than the stars of Ursa

Major, and they are considered one of the eternally appearing stars, according to what the ancient Arabs called them.

The Orion Man, hunter, - Or what is called Beta Orionis. It consists of fourteen stars. The ancients imagined it as a man holding a sword in his hand, and therefore it was given this name. It is the brightest and most brilliant star in the sky.

Sometimes the stars appear to us moving in the sky, as we do not see them in place after a period of time, but in reality they are fixed and do not move. Rather, this movement is the result of the rotation of the Earth, so we see that the stars may change their path. It is worth noting that the stars emit light day and night, but they do not. It is seen during the day due to sunlight blocking starlight during the day.

The stars have been mentioned in the Holy Qur'an in multiple places in order to maximize their status. Almighty God mentioned them in Surah Al-Najm in His Almighty's saying (By the sky and the One who passes through) (1) and (what makes you know that is the One who passes through) (2) (The piercing star) (3) (Surat Al-Tariq, verses 1-3) and The Meaning of piercing star is the shining star in the sky whose light pierces the heavens and penetrates until it is seen on earth.

On the authority of Abu Musa Al-Ash'ari, he said: We prayed sunset with the Messenger of God (may God bless him and grant him peace), then we sat until we prayed evening with him, and he said (You are still here). We said, O Messenger of God, we prayed sunset with you, then we said, "We will sit until we pray evening with you." He said (You did well and did well), so he raised his head. To the sky, and he often raised his head to the sky and said (The stars are safe for the sky, so when the stars go, the sky will do what it promised, and I am safe for my companions, so when I go, my companions will get what they are promised, and my companions are safe for my nation, so when my companions go, my nation will get what they are promised) The Messenger of God spoke the truth, Sahih Muslim.

Imam Al-Nawawi said: (The stars are safe for the sky. If the stars go, what is promised to the sky will come.) So safe is security and safety. The meaning of the hadith is: As long as the stars remain, the sky remains. If the stars go and are scattered on the Day of Resurrection, the sky will go and disappear. We ask God for a good ending for us and you.

What language did Jesus Christ speak ?

by **Mr. Dr. Majda Hasso Mansour Issa**
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The mother of our Lord Jesus Christ, peace be upon him, the Virgin Mary, peace be upon her, was a Jewish woman, that is, a Hebrew. The Hebrews are the speakers of the Hebrew language, which is considered a part of the group of Semitic (island) languages. They continued to speak this language since their appearance the scene of political events in the eighteenth century BC. until Their evacuation to Babylon by the Babylonian king Nebuchadnezzar (604 - 562 BC) in the years 597 and 586 BC.

While the Jews lived in Babylon, they found the Aramaic language that was almost close to their own language spoken by the people of the country. They spoke it in their daily lives, and little by little a time came when the Jewish people no longer understood the Hebrew language, as it was no longer spoken. Rather, the Aramaic language began to dominate it, even after... Their return from captivity to Palestine, and Hebrew was no longer used except in the sacred texts, as the Holy Book was read in Hebrew and then one of the scribes translated it into Aramaic. This is what is called in Hebrew (Targum or translator) , that translated the Holy Book into Aramaic for the general public to understand. The Aramaic language is one of the dialects of the island languages that appeared in the period between the tenth and ninth centuries BC. These Arameans were able to establish many political entities that spread in the Levant, such as Damascus, Hamath, Aram Soba, Aram Maacah, Aram Al-Nahrain... etc., as well as other regions. In Babylon in central and southern Mesopotamia, they had their political and social influence on it.

The political existence of the Aramaic states ended at the hands of the Neo-Assyrian Empire (911 - 612 BC) at the end of the eighth century and the beginning of the seventh century BC. What is strange is

that the end of that existence for those peoples was, at the same time, the beginning of the launch and great spreading of their language among the peoples. This existence ended only among the Assyrians, and in the subsequent period among other peoples of the Near East, and perhaps the reason is the set of characteristics that characterized it, perhaps the most prominent of which is the flexibility of pronunciation and ease of expression and its use of the alphabet, making it a language of writing and recording instead of other ancient languages with difficult rules and complex writing. Also, the Assyrians were displacing the Arameans from their regions to the places where the Assyrians lived, in order to increase human resources with different competencies and benefit from the labor force. The Arameans were known for their trade and movement as a profession, which contributed to spreading their language among the countries of the ancient world.

During the period limited to (200 BC - 200 AD), that is, during the time of the Parthian era in Iraq and Persia, Aramaic was widely used, and it is called ((Middle Aramaic)), and one of its most important dialects is ((ancient Jewish Palestinian)) or ((a dialect of Jesus Christ)) meaning the Aramaic dialect that the Jews in Palestine in the days of Christ, peace be upon him, spoke, leaving the original Hebrew language. This dialect is the language in which Jesus Christ spoke, taught, and preached. Our Lord Christ did not speak Hebrew like the Jews do at the present time, and it is worth noting that Aramaic It is still spoken today in a dialect called ((Modern Aramaic)) in various parts of the Middle East by many religions such as Christianity, Mandaism, and some Muslims. It is widespread in the villages of northern Iraq, as well as in its south, and in southeastern Turkey, western Iran, Azerbaijan, and some villages in Syria, such as Maaloula and Jabadin. Bukhaa, whose inhabitants, both Christians and Muslims, still speak a dialect that is almost similar to the dialect spoken by Jesus Christ, peace be upon him, in his days.



Women and Manifestations of Sadness in Pre-Islamic Era

By Prof. Dr. Bushra Jaafar Ahmed
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College of Education / Department of History

One of the forms of grief that was imposed on a woman before Islam after the death of her husband was that she should stay the whole year in his house and wear nothing but the worst clothes, not wear perfume, do not bathe, and not touch her body with water. After the passing of a year, the woman would emerge from her Iddah (the times of isolation) with the ugliest appearance, so she would bathe with pure water, and it was among the customs that after the completion of the woman's waiting period, would give her (camel) and she would throw it away. By throwing it, she would have thrown away the waiting period and left it. According to the prevailing customs at that time, the younger brother of the deceased husband

would accompany the woman in this ritual of purification due to his right to marry her. But after the emerging of Islam, new instructions were put concerning this period, it dealt with the duration of a woman's waiting time for her deceased husband and made it four months and ten days. Islam did not oblige a woman to remain in her husband's house to fulfill her waiting period, but rather it could be in the home of her family or brothers. It advised her to be patient, and forbade her from mourning, shouting, shaving her hair, and crying. With a loud voice and tearing clothes, the first to tear her clothes and shave her hair was (Amraa) and her sister (Ash'ara), the daughter of (Dawud bin Hubala), one of the knights of Qada'ah, after the death of her husband. When her husband died, the woman would take her husband's sandals and hit her face and chest with them to express her grief for him. She shaves her hair and places it on his grave.



The role of the Women's Empowerment Division at the Uni

university of Anbar in raising awareness
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Due to the recent prevalence of breast cancer, the importance of early detection of it has become important. This necessity is highlighted through regular cancer screening and searching for indicators that indicate the presence of the disease even in the absence of symptoms. This is an important preventive step that improves the probability of detecting cancer early and increases the risk of breast cancer. The possibility of treatment being successful and reducing the possibility of cancer. Breast cancer can also be diagnosed early through a woman's self-examination or regular visits to a specialist. Because of the importance of early detection, every woman must examine herself or see a specialist doctor as soon as possible. Based on the lofty goals set by the Women's Empowerment Division, and the importance and necessity of raising awareness about early detection of cancerous tumors, the Women's Empowerment Division was launched at University of Anbar

under the supervision of the respected President of University of Anbar, Prof. Dr. Mushtaq Talib Salih Al-Neda, and with close follow-up by the official of the Women's Empowerment Division, Assist. Prof. Dr. Isra'a Adnan AbdulJalil, a breast cancer awareness campaign under the slogan "Pink October" with the aim of raising the level of awareness among community members about the importance of early detection of breast cancer and means of prevention, as October is considered International Breast Cancer Awareness Month, according to the agenda of the World Health Organization.

The campaign aimed to early detect breast cancer in women, especially those who have not been screened for more than two years, as the activity includes self-examination in accordance with international standards and recommendations under the supervision of a professional medical team. The campaign also aims to support partnerships and cooperation between all governmental and private health agencies to support The Ministry of Health's efforts in combating breast cancer. The campaign also includes guidance on the importance of early detection and diagnosis of breast cancer at an



early stage, improving the quality and effectiveness of treatment for breast cancer cases, increasing the cure rate from breast cancer to more than 95%, and reducing the death rate by more than 30%, and the campaign included the distribution of brochures and an exhibition of posters and pictures highlighting the importance of early detection.

The activity includes organizing many seminars and workshops in various locations inside and outside the university, targeting all segments of society, including: (College of Education for Humanities, Al-Ula Preparatory School for Girls, College of Science, College of Computer and Information Technology, College of Education for Pure Sciences, College of Agriculture, College of Education For girls) through which information is disseminated about the importance of early detection of breast cancer and advice for preventing it, reducing this disease and reducing the possibility of contracting it, to create a society that is as conscious as possible, and to teach modern women to be able to face difficulties and challenges and arm themselves with the spiritual culture to overcome them, which is what we have learned. Many times about Iraqi women.

In addition to cooperation with the Oncology Center in Anbar, the Women's Empowerment Division is striving to activate the proposal to open an experimental screening center in the College of Medicine, which will provide the opportunity for female teachers, male and female students who wish to undergo early screening, such as new tests of their kind at the level of Iraqi universities, to ensure a sound and healthy society. There are some The aspects that the Women's Empowerment Division took into consideration for the purpose of activating these campaigns on a regular basis, these important aspects are as follows:

1-Improving health awareness: Awareness campaigns contribute to enhancing health awareness among individuals, enabling them to understand the importance of early detection and regular screening to reduce the risk of cancer.

2-Reducing death rates: Early detection of cancer can increase the chances of successful treatment and reduce death rates. The earlier the tumor is detected, the greater the chances of treating it effectively.

3- Reducing health costs: Early detection reduces public health costs, as treating the early stages is less expensive than treating the advanced stages of cancer.

4-Encouraging healthy living: Awareness campaigns encourage adopting a healthy lifestyle, including proper nutrition and regular physical activity which reduces the possibility of cancer.

5-Reducing stress and psychological anxiety: Early detection helps reduce psychological anxiety in individuals, as they can regularly check their health condition and plan treatment if any early changes are detected.

To those Eyes

Your eyes
Like the history of Iraq
They contain the depth of civilizations
And the outbreaks of war
It splits the slopes of their eyeballs
Mesopotamia
Every passerby drinks from them
Coming from the north
Or a traveler
With the southern breezes
In the foothills of your eyes
Passengers land
And in darkness
Their dark night
Meteors roam
Read them
The pain of the displaced
And a mother's moan
She lost her only one
Sometimes you commiserate with him
Sometimes on the ruins
She hides and hides
In the volumes of your eyes
stories
And legends
And epics
For ages past
There's nothing left of it
Only memories
She made a mistake
With an ink of scars
So be kind to those who are lost
In the nights of your eyes
There are no stars to guide him
No sun shines
After he raided him Sundown



by Dr. Haneen Shartouh Sharqi



Karim Al-Iraqi

**Assist. Prof by Alaa Muzahim Abdul Razzaq
Zahir Al-Alusi**

**University Of Anbar/ Collage of Education for Girls
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Karim, who did not spare us the quality of his feelings and words mixed with our cultural heritage and gentle, smooth, transparent style close to the ear has passed away. Evidence is that when we hear the words of a poem, we can guess that they are Karim's words. The sun of his days set, but the sun of his words and the sun of his Iraq will not set, as his poem "The Sun is My sun and Iraq is Iraqi", that turns to be his icon, is associated with his name. Karim described mother as the mother of loyalty and kindness from heaven, blending "The Mother of Compassion" with the cultural heritage of his people, describing her as the warmth of our nostalgic homes and the scent of our ancient past. We were young and we used to repeat it with tenderness and innocence, and with tears that choked us with their tears when we were old.. he spoke about the good father with the strongest feelings he Wrote his "I am a Great Person" which informed us "I need you and I will always be a child in your eyes." He created a wonderful, creative image of the Iraqi father's love and firmness at the same time. He always planted in our minds the image of the father with the image of country, for it is the father who embraces us under his wings tirelessly. How often people sing for you, my country.. and he wrote "Safe Oh Iraq" and "Did Consolation ever Liberate a Homeland?" And he said "from Ramadi the whole people are calling we are one family,my country." He wrote the most beautiful poem for Baghdad after many poems and songs about it... he loved it in all sincerity, even if he was away from it for a long time. The poet of the poem that touched Our hearts during the economic siege on Iraq that is "Remember". In that poem the poet of pure, virginal love was flirting with his Baghdadi, His lover, who had the beautiful braid, until he stood before her in the poem "The Court" with the most wonderful words and poetic images he possessed reflecting the bitter reality.

Karim, who never complained of a wound to people and did not add another wound which is the remorse to his own . How many times have we song his words: "Never complain to peo-

ple of a wound that you are its owner), we advised each other about this and made it a piece of wisdom in the memory of books and school walls. Not only this, we mentioned it diligently in parsing sentences in the Arabic language lesson.

Today he is gone, and it is the time for him to throw the burdens from his hand. In his poem "We are the Republic", he summed up everything about his journey of life. Alienation stole his youth and left him wounded and in pain. "He refuses to complain to anyone other than God, so the estrangement narrowed down on him as if it were a coffin. He left dear," but he remained in our minds as a flag. "Alive»

It narrowed down on me as if it were a coffin
But he who refuses hope dies

Patience has known who I am since childhood
A tattoo of him on my ribs is carved

I grew up under oppression, not being spoiled
I was not terrified by deprivation and tyranny
And I am the one who buried my sources of meanness

Harut folded my hand with his magic
Did you see a living dead united together?

He is optimistic and has strong hopes
This is me.. You stole my youth, my alienation
Eyes and homes denied me

Oh my paramedic, if there is humiliation in hope
Let me die dear in the den

I am the palm tree of paradise whose leaves have dried up
Her moans and his moans are suppressed

He taught me and the wind touched his head
He who is blessed by the wind, how will he die?

I walk wounded with bright eyes

Its sparkle is like diamonds and rubies
O spreader of illusions over our wounds

If you disappoint him, it will be too late
Difficult relief and difficult childbirth

And those who are patient in the face of judgment remain silent

And the earth is pregnant with the expected labor

And with a cry, the kingdom awakens to her
It narrowed down on me as if it were a coffin

But he who refuses hope dies

Afforestation Campaigns

When the earth longs to breathe after being surrounded by masses of pollution and warming, all we have to do is transplant a lung to revive it.

Trees are the lungs of this planet, providing it with oxygen and reducing carbon emissions. Depending on this principle, the Women's Empowerment Unit at University Of Anbar had a prominent role in supporting energy and reducing emissions by increasing green spaces through extensive afforestation campaigns that included the university site, colleges of the

university, and a number of schools in the governorate. Female school and college students participated in these campaigns, and educational lectures were given while planting trees, shrubs in order to make them aware of the importance of agriculture and preserving the environment and to prepare them to become women who carry the torch for the advancement of the future. When we plant healthy seeds and provide the buds with a healthy environment, they will bloom and spread their fragrance to those around them.

