

HUMANITIES HUB: where the mind meets the heart

Sunday, 24th of March. 24

**ALDAHEEH BRILLIANT
FRAMING OF THE UNTOLD
STORY OF PALESTINE**

**Heart-to-Heart with
the President**

Embracing Cultural Diversity

**Thriving Through the Books and Beyond: A Guide to
Excelling Academically and Mentally During
Ramadan**

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Where Undergrads Speak Out

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LANACOM 2023

Page



1	Heart-to-Heart with the President Embracing Passion and Purpose	06
2	Buckle Up God Almighty's victory is near: Issue Two Honors the Unbreakable Human Spirit	08
3	College Hacks Getting Ready for Exams	10
4	Speak-up, you're heard! Satnding Still	12
5	Psyche Nuggets Gen Z: Sense of Global Responsibility & Collective Consciousness	14
6	Cultural Diversity An Ethnic Mosaic	16
7	Creativity.com I wish ...	18
8	Trends Al Daheeh Brilliant Framing of the Untold Story of Palestine.	20
9	Humanities on the Go 1: CLC Hidden Gems 2: The Most talented and Creative	22
10	Unlocking Boundless Possibilities LANACOM 2023 at a Glance	26

Heart-to-Heart with the President



Prof. Ismail Abdelghafar

President of Arab Academy for Science, Technology and Maritime Transport

Q1: In your opinion, what is the role of the Arab Academy as a leading institution encompassing areas such as education and research?

The Arab Academy's role is reflected in its remarkable progress at local, regional and international levels, where AASTMT has achieved a distinguished ranking. In 2023, AASTMT for the first time ranked 22 among 150 qualified Arab universities by the Arab Universities Association and the best among non-governmental universities. In 2022, AASTMT has achieved a distinguished ranking in the fourth goal "Quality of education" and reached the 1st position in Egypt, the 14th at the level of Arab universities and the 112th at the level of international universities according to Times Higher education impact rankings. AASTMT is an Arab organization specialized in education, training, research and consultation where quality of education comes as a first priority. All staff members in our different colleges are mainly concerned with equipping students with all necessary knowledge and skills that ensure a bright future with knowledgeable generations not only for Egypt but also the whole Arab world. A case in point is the Kuwaiti company KOTC where most employees are graduates of the Arab Academy, as well as most of the commanders of the naval forces who got their MA degrees from AASTMT. It is also worth mentioning that AASTMT is the first non-governmental university in Egypt to be given the accreditation to grant Ph.D. degrees in the last 10 years. In addition, most of the human capital working in the maritime field in Djibouti are also graduates of the Academy.

Q2: The Arab Academy serves as a meeting point for individuals from across the Arab world, fostering intellectual and cultural diversity that is evident within its walls. Could discuss some of the strategies for enhancing cultural diversity within the academy?

AASTMT is a hub for cultural diversity. Annually, we celebrate 'Arabs Day' in which students from different Arab countries are encouraged

to highlight their different traditions and cultural heritage to promote tolerance and understanding among students from different countries. It is also worth mentioning that the ambassador of South Sudan in Egypt has recently praised the welcoming educational environment provided by AASTMT for the Sudanese students. Moreover, the College of Language and Communication, in collaboration with UAB in Spain, will host a conference in April about peace and coexistence.

Q3: Considering the Arab Academy's affiliation with the Arab League and its status as a hub of Arab knowledge, what role does it play in educating young individuals about the Palestinian cause and the injustices faced by the Palestinians?

AASTMT fully supports the Palestinian cause and spreads awareness among our students. It's important to have a generation who knows, understands and supports the Palestinian issue. As an Arab organization, we also grant scholarships to Palestinians as a means of support. The College of Language and Communication (CLC) in particular, plays an important role in supporting Palestine and will soon launch a channel conveying the atrocities committed against Palestinian civilians.

Q4: Today's interview is featured in the second edition of the Humanities Hub Magazine. Would you wish to conclude our conversation with any final remarks?

I would like to conclude in an optimistic tone; I am proud of the distinguished educational experience we offer, the positive energy and creativity which our young generations show regardless of the challenges. I know the current situation is quite difficult on the political, economic, and security levels but we need to adhere to our values and beliefs and support our nation. History repeats itself today in Palestine; years ago the very same enemy claimed Sinai in 1967, yet through holding on to faith, thought and strong will, we claimed Sinai back, proving to the whole world that Egyptians can never be beaten.

Interviewed by: Joyce George & Dalia Shawky



Prof. Abeer Refky

**Dean of College of Language and Communication
Alexandria Headquarters**



God Almighty's victory is near: Issue Two Honors the Unbreakable Human Spirit

The whole world was appalled by the 7th of October 2023 attacks in Gaza and the vicious and ruthless response from the Israeli troops on innocent civilians including elderly people, women and children, and even infants. These incidents sparked, for the first time in a while, a worldwide campaign to ceasefire in Gaza, give the Palestinians their right of freedom, and put an end to the Israeli occupation of the Palestinian territory.

was revealed to the whole world and sympathising with false image of victimized Israel is no longer the case. Soon after the attack, people started to circulate images of the map of Palestine before 1948 to document it and of all the historical incidents that have led to the current lamentable conditions. People started fighting foreign media that is always biased towards Israel and forgets about humanity in general. People can see the truth now and no doubt the whole world sympathises with the Palestinians everywhere as equal human beings.

The whole world has witnessed the tragic and the unhuman conditions our Palestinian brothers are living in and has come to fully realise that young Palestinian children will need ages to recover from the trauma that resulted from the atrocities of the Israeli troops not only in Gaza, but in all of Palestine where people were ruthlessly obliged to leave their homes that were completely demolished and their neighborhoods that were utterly devastated, in a stark defiance to all international laws and human rights.

People, all over the world, were able to see the ugly face of Israel as it massacres hundreds of people, amputates children, and annihilates everyone in the worst mass genocide humanity has witnessed. For the first time, social media has shown the right undistorted images of the real suffering of brother human beings. It is a rise to news or distorted images, the bare truth

live under inhuman conditions of severe oppression, extreme poverty, lack of medical care, and shortage of food. To all the people who suffered, whose bones were crushed, whose homes were demolished, and neighborhoods sabotaged, and whose children were amputated in cold blood. To all the innocent spirits that are now in Heaven, you can rest in peace as God Almighty's victory is near.

Standing Still

Here I am,
Standing, Still.

The ringing in my ears,
The reality of the homes,
The memories,
The lives,
That I now,
Stand upon the ruins of.
Striking me.

Here I am,
Standing, Still.

Help me, I hear.
A child?
Fear has stricken me,
And I am left unsure,
Down to my core,
If the voice is my own,
Or from my feet beyond.

Here I am,
Standing, Still.

Once a home,
To the worlds of beauty,
Of life,
Of memory,
Watered by the blood,
Of my ancestry.
And it strikes me,

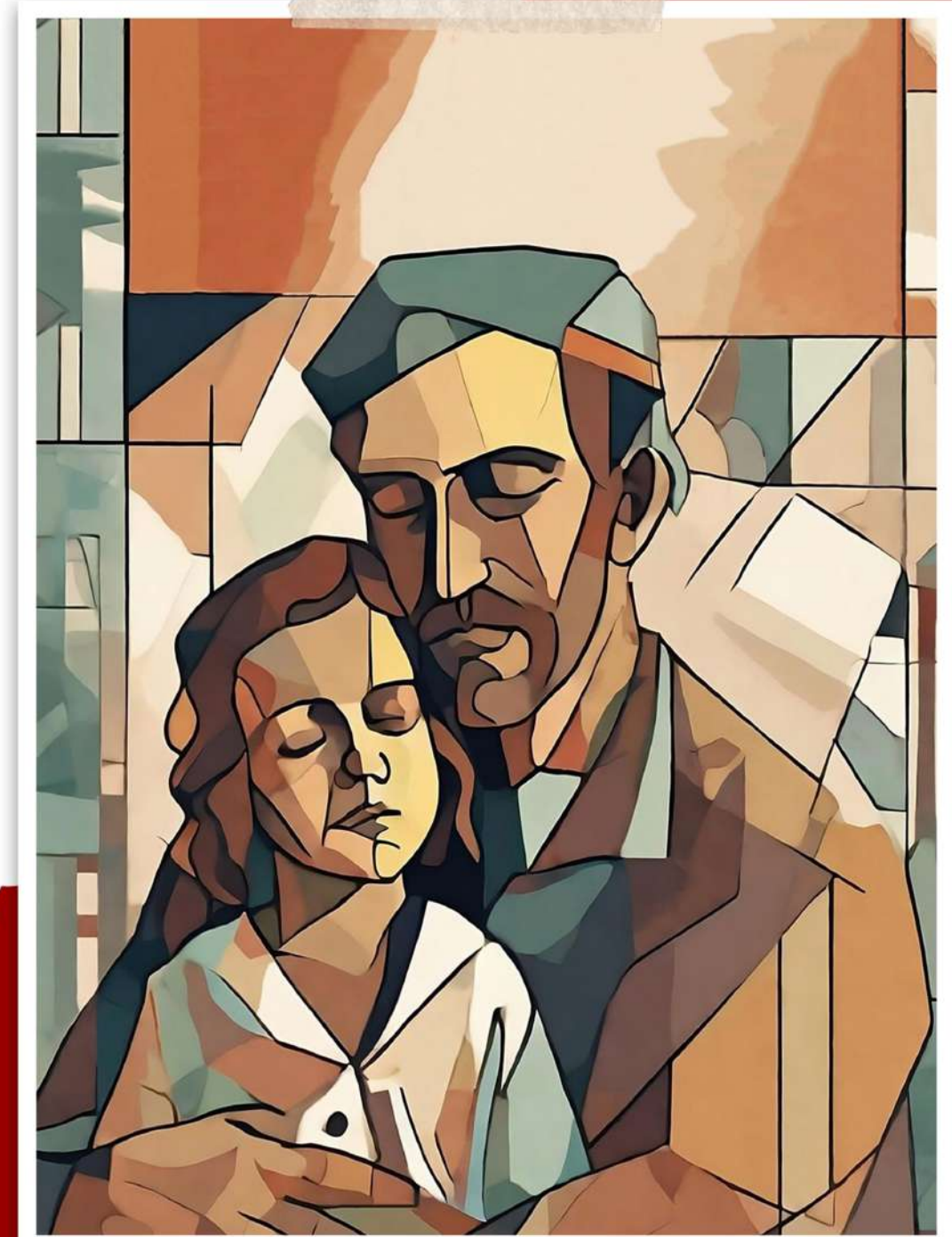
Here I am,
Standing, Still.

The ringing dies,
Yet my lungs still breathe.
Drops,
Blood and Water,
Warmth,
Blood and Sun,
Awaken me.

Here I am,
Standing, Still.

By: Haneen Ayman

**Speak Up,
You're Heard!**



Shattered Innocence

By: Demah Nasser

Thriving Through the Books and Beyond: A Guide to Excelling Academically and Mentally During Ramadan

As the holy month of Ramadan approaches, the quest for maintaining academic prowess and mental well-being becomes a unique adventure. Juggling between classes, social media, and the spiritual journey of Ramadan may seem like a feat, but fear not! In this article, we'll explore hip and practical tips specifically tailored for you to ace both academic performance and mental health during this sacred month.



1. Strategic Suhoor and Iftar Planning:

Plan nutritious Suhoor and Iftar meals to sustain energy levels throughout the day. Include complex carbohydrates, proteins, and hydrating fruits to support both academic focus and the physical demands of fasting.

2. Dua and Reflection Breaks:

Incorporate short breaks for Dua and personal reflection. These breaks can serve as moments of spiritual recharge, providing a mental reset and promoting a sense of tranquility.

3. Night-Time Study Sessions:

Take advantage of the quiet and peaceful nights during Ramadan for focused study sessions. Night-time can be an optimal period for concentration, allowing you to cover important academic material after Iftar.

6. Balanced Physical Activity:

Engage in light physical activity during non-fasting hours. Incorporate activities like stretching, yoga, or short walks to boost your mood, improve focus, and enhance overall well-being.

4. Prioritize Prayer Times:

Schedule your study sessions around the five daily prayer times. Aligning your academic routine with your religious obligations ensures that both aspects of your life are harmoniously integrated.

7. Stay Hydrated During Non-Fasting Hours:

Hydration is crucial during Ramadan. Ensure that you drink enough water during non-fasting hours to stay hydrated, as dehydration can impact both physical and mental performance.

5. Utilize Ramadan Planner Apps:

Explore Ramadan-specific planner apps designed to help you manage your academic and religious commitments. These apps often include features for scheduling prayers, setting study goals, and tracking progress during the month.

8. Supportive Social Circles:

Surround yourself with a supportive social circle that understands the demands of Ramadan. Share your academic goals and religious commitments with friends who can offer encouragement and share similar experiences.

By: Hania Mohamed





I wish ...

In the dream, he found himself standing in a serene meadow, bathed in warm sunlight. As he surveyed his surroundings, a figure emerged from the distance. It was his brother, who stood before him, alive and well. He couldn't believe his eyes. He rushed forward, enveloping him in a tight embrace, tears streaming down his face.

In this dream world, they spent hours talking, laughing, and reminiscing about their shared experiences. The dream felt so vivid, so real, that he momentarily forgot about the pain of losing his brother. It was as if they had been granted a chance to reunite, if only for a fleeting moment.

As the dream neared its end, he asked his brother why he had come back and what it all meant. He smiled gently, his eyes filled with warmth and love. He explained that the dream was a gift, a way for him to find solace and closure in his grief. It was a reminder that the bonds of love and brotherhood transcended the boundaries of life and death.

From that day forward, he carried a renewed sense of hope and resilience. He knew that his brother would always live on in his heart, guiding him through life's challenges and celebrating his triumphs. The dream served as a poignant reminder that love transcends the boundaries of mortality and that the spirit of a loved one can continue to inspire and uplift even after they are gone.

And so, he embarked on a journey to honor his brother's memory, cherishing each day as a precious gift. He shared stories of their adventures, preserving his legacy and ensuring that his spirit would never fade away. The dream had given him the strength to move forward, armed with the knowledge that his brother's love would forever be with him.

Sketched & Written By: Hamsa Essam



Illustrated By: Doaa Akl

Gen Z: A Sense of Global Responsibility & Collective Consciousness (Social Justice and Activism)

Psyche Nuggets



“Generation Z” refers to the demographic born in the mid-1990s to the early 2000s. Establishing the period makes it clear that Gen Z has grown up and basked in a fully digital world, with the internet, hand-held phones, and social media becoming an integral part of their lives from a considerably young age. With Gen-Z being the most racially diverse generation to date, and their early and easy access to information, the majority of Gen-Z

has a well-rounded insight into global issues and social injustice, thus making them more enthusiastic about activism and support. Further, they tend to hold great value to inclusivity and fairness and are more likely than other generations to support social causes, like gender and racial equality. globalization increases, the youth, particularly in Western Asia, are becoming out of touch with their historical cultural roots.

This notion alongside the spread of certain ideas caused many to speculate that technological advancements, economic latitude, and worldwide exposure would stray

the youth’s focus away from the Palestinian cause. However, the pursuit of autonomy is one of the most defining characteristics of Gen Z. Since they’re practically digital natives, they have been constantly exposed to vast amounts of resources and information, and various perspectives through social media, they are empowered to seek self-reliance, and have the desire to make their own decisions.

So, with the recent events, especially the Israeli genocidal war against Gaza, the collective consciousness of the youth has shifted. Over a hundred days of endless atrocities have relit the flame of Palestinian identity and liberation, guaranteeing that three generations, at least, stand hand in hand against the West’s ‘rules-based order’, and in support of any form of resistance against the occupation state.

Remarkably, leaders of new narratives are Gen Z. Through utilizing social media and building communities, they have successfully conveyed the Palestinian struggle to the world. Furthermore, many around the world had limited knowledge of Palestine and its history. Still, Gen Z’s unfiltered sense of justice acted as fuel to the collective anger against the ongoing ethnic cleansing of Palestine.

Gen Z’s leveraging of social media also brought about ‘citizen journalism’, a new form of journalism in which ordinary individuals become reporters on the frontline, sharing real-time video updates that coincide with mainstream news coverage. In addition, social media is crucial in raising awareness, this is evident in the protests being carried out globally, and boycotting certain companies successfully.

The brutal genocide and the support it receives from America and the West are extremely likely to create cognitive gaps in the general perception and glorification of the Western world. However, I strongly believe that the impact of those events and other global issues alike will continue to shape the views of the younger generations, and their interference and activism have the full potential to affect and shift international opinion and policy.

By: Haya El-Helali
Under the supervision of:
Dr. Mervat Ahmed & Ms. Salma Tarek



Embracing Cultural Diversity: An Ethnic Mosaic

Know More, Do Better

As Tyler Cowen, an American economist, once said, "Real cultural diversity results from the interchange of ideas, products, and influences, not from the insular development of a single national style." Cultural diversity is more than just differences in languages; our world is a grand tapestry woven not just with threads of language but with the vibrant hues of myriad perspectives. These various perceptions are the foundation of the world's unique set of knowledge and enlightenment. Without a doubt, cultural diversity has its own significance and benefits, which underscore its importance to pursue a cultivated global society.

What is the value of cultural diversity in our community?

As the world grapples with intricate challenges, where multicultural ethnicities play the role of alchemists conjuring solutions from the vessel of mindsets, multicultural ethnicities manage to come up with diverse solutions and recommendations not only in communication but also on the medical spectrum. The intersection of different ideas and approaches initiates an opportunity of innovation and creativity, bringing out unique traditional practices and a diverse environmental experience. A great example is Malaria, a fatal disease, where cultural diversity played a crucial role in the discovery



of its treatments. With the exploitation of traditional medicine practices from different countries such as China and the use of various herbal remedies provided by Peru, scientists were able to introduce a prevention of this disease. Hence, Cultural diversity is not just a shared disparity but an enriching odyssey through different beliefs, ideologies, and lifestyles.

Why should we be worried about the loss of cultural diversity?

Worldwide, humans speak about 7,151 languages, yet the spectre of losing cultural diversity looms, casting a shadow on our globe. Imagine a world where as many as half of these spoken languages disappear, leading to a global extinction where languages, cultures, customs, and traditions are left behind. As languages fade, so will the cultural symphony that composes our societal evolution, a loss amounting to the fading echoes of ancient wisdom. Without sustaining these cultures and heritages, the world could

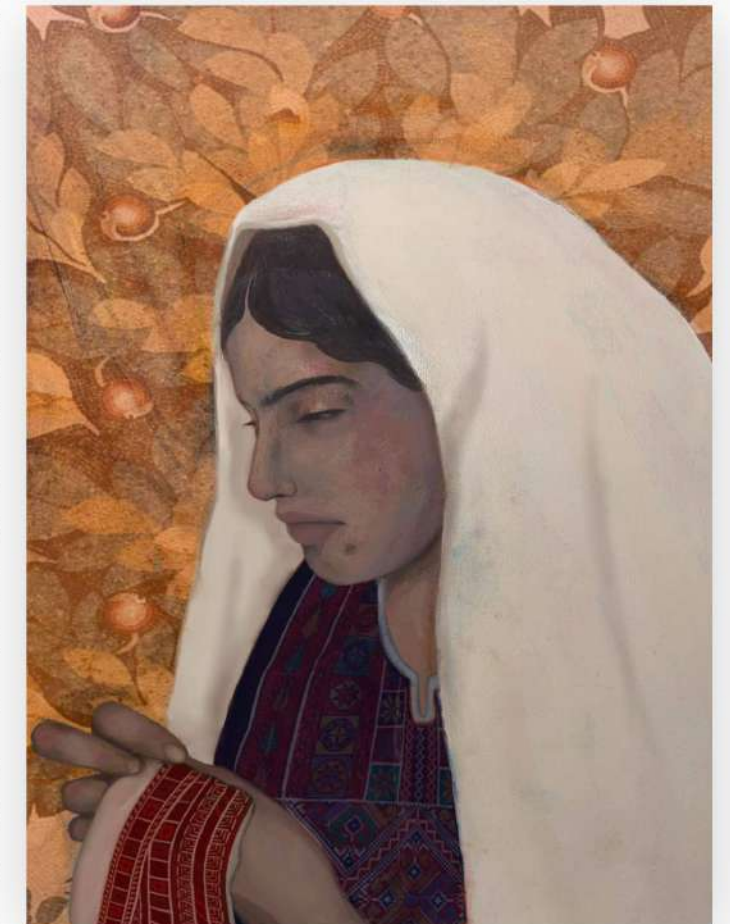
suffer a global disconnection between the nations, failing to approach an inclusive society, where mutual collaboration and respect runs among a sense of humanity. The loss of the cultural diversity indicates the erosion of human history and dilution of social traditions and identities. In other words, it diminishes a sense of wisdom and potential advances to upcoming challenges.

What should we do about it?

In the aftermath of these perpetual challenges, we are inclined to overcome these obstacles, defining our future amid an emotional turmoil. Preserving diverse cultures will lead to a world where individuals are valued by their knowledge and experience influenced by their cultural backgrounds. Sustaining diverse cultures becomes a pursuit to maintain a world where individuals are regarded not just as sidekicks on this grand stage but as protagonists with knowledge and experiences influenced by their cultural backgrounds. Meaning, human rights and equality will be fulfilled on a wide range regardless the gender or nationality. In order to maintain human cultures, media representation emerges as a powerful tool, as integrating such term in social media will foster the coexistence and mutual understanding within a digital platform. Through tv series, social media, and films, individuals can gain insights into the traditions, customs, and values of cultures different from their own. Recognizing the rights of indigenous people and their

discrimination in the modern society is pivotal to protect their cultural heritage and backgrounds. Documentaries and feature archives can capture cultural practices and languages, ensuring they are not lost to time. This preservation effort is crucial in the face of the potential erosion of indigenous cultures. Providing social campaigns and events addressing the issue of multiculturalism and its impact on the global society is the prelude to a collective awakening that resonates through the development of the global society. Encouraging the sustainability of cultural diversity demands commitment and dedication on many levels; hence, it should be taken seriously as it will lead to an inclusive and rich global environment.

By: Jana Sameh



Sketched By: Haya El-Helali



Al Daheeh brilliant framing of the Untold Story of Palestine

Since the 7th of October, content creation around the Palestinian cause has hit an unprecedented high. Whether emotional or informational, these videos all serve to push the cause into the eyes of the public. Ahmed El Ghandour's "Al Daheeh" has long been creating content that is different; special. El Ghandour excels in weaving information that seems rather boring and hard to follow, especially historic events, into enthralling stories. For El Ghandour, framing is a tool he uses rather often, and, in my opinion, exceptionally well.

Around a month after the war started on Palestine, desensitization began to rear its ugly head. Social media posts, stories, and videos started dwindling to a trickle. People were exhausted of seeing

every day, so they just chose not to. However dehumanizing this is, it truly is the natural process of being constantly subjected to traumatizing war scenes. Gaining back the attention of the public when this happens is rather hard; you can't exactly hook a person with a lecture on lost humanity. However, El Ghandour's timing, as always, was rather impeccable.

El Ghandour released his awaited episode on the 14th of November, a truly strategic timing. Al Daheeh's episodes garner 1 to 2 million views on a good day, but after not releasing anything for a month? Fans were at the edge of their seats waiting. El Ghandour chose to strike at the right time, and released an hour-long episode on the history of Palestine. Now standing at 18 million views, this video was not just like any other. No boring lectures on humanity, no

bloody images for the faint-hearted, rather, a retelling of history that punched through the desensitized haze people were living in.

The episode is divided into 7 chapters where El Ghandour takes the audience on a journey from the massacre of Tantura to the very day the state of Israel was born. This metaphor of a journey starts in the title "Falastin... Hekayitt Al Ard". It was rather interesting to title the video "the story of the land" as opposed to "the story of the people", who are certainly at the center of the spotlight. This set the tone from the very beginning that the episode is purely informational where he creates a timeline of all that the land of Palestine has witnessed.

"Imagine you're a seagull" is what the El Ghandour first utters. Not what you had in mind? Well, this is Al Daheeh for you. A catchy introduction, a light atmosphere, and you've certainly got a hooked audience. Knowing that the first few minutes of any episode are the most crucial, El Ghandour frames the massacre of the Tantura village as the story of a normal resort that can be found on any beach, to then shock the audience like a bucket of ice water with the truth. He tells the story of this farming village that was brutally massacred to then have the land be home to several resorts built on the decaying bones of its people.

One of the staples of this show is references. El Ghandour prides himself on providing sources for his audience to fact-check the information themselves. This time, however, El Ghandour's sources were not surviving Palestinians, but the soldiers who participated in this exact massacre. It is human nature to gravitate towards the victim and shun the story of the perpetrator, which is what El Ghandour does the exact opposite of.

He shows soldiers laughingly telling their stories of emptying their guns into Palestinian bodies in a show of no remorse. In a few minutes, El Ghandour has debunked the idea that this on-going genocide is merely a "proportionate retaliation" by showing the true sentiment behind a previous genocide.

El Ghandour goes on to explain the remaining 6 chapters that are all called "myths". "The myth of a 2000-year persecution", "the myth of Zionism in Judaism", "the myth of a land without a people", and "the myth of the only democracy in the Middle East" are among the titles. In each of these chapters, El Ghandour works on delegitimizing Israel with purely factual evidence. All throughout, however, he focuses on a recurring metaphor that Israel weaponizes until this very moment, which is "Israel is the underdog". He traces the incidents that maximize this metaphor, such as the joining of forces of 6 Arab armies against the newly formed state of Israel in the Nakba. He also touches upon the fact the Israeli militia is called "Defense Forces" which will never put it in a position of aggression, they are always merely defending. El Ghandour explains the manners Israel frames their existence as the underdog that has permeated Western media and brainwashed half the globe.

Now, a month later, this episode is rapidly becoming a pillar to the cause. The amount of comments from non-Arabs is astonishing. The information relayed in the episode does not only show an inherent emotional connection from El Ghandour as an Arab to the cause, rather, it builds a stance against Israel as an apartheid state, with evidence straight from the perpetrators that cannot be refuted.

By: Mariam Saad

GRATITUDE IN SERVICE: HONORING CLC SUPPORT STAFF



Before embarking on the ending of our delightful journey, and the epilogue of our chapter, let us not forget the small things that shaped our journey. The subtle gestures that thank you for the blissful term we without, we'll be left akin to a song with no tunes. To our cherished staff members, Mr. Sherif and Mr. Ahmed, we remain grateful for your tireless efforts and kindness, and we wish to thank you for the blissful term we walked together. **By: Hala Sherif Zafer**



RAMADAN VIBES: SHARED MOMENTS AT CLC

Ramadan is a sacred month that holds significant importance for Muslims worldwide. It is a time of reflection, spiritual growth, and acts of generosity. When we reflect upon the essence of giving during Ramadan, it is impossible to overlook the profound impact our beloved students and the dedicated CLC staff have on our lives. As we embrace the teachings of Ramadan, let us remember our beloved students and the beautiful CLC staff. May this sacred month inspire us to give selflessly, to share knowledge, and to foster an atmosphere of compassion and understanding.



Dr. Marwa Adel Abu El-Wafa
Vice Dean for Students Affairs

The Most Talented and Creative

I am absolutely thrilled to extend my warmest congratulations to each and every one of you on the successful publication of the second edition of our magazine! This is truly a remarkable accomplishment, and I cannot express how proud I am of all your hard work, dedication, and creativity. Not only have you demonstrated immense talent, but you have also shown

great teamwork and collaboration throughout the entire process. Once again, congratulations on this outstanding accomplishment. Your dedication, passion, and talent have made the second edition of our magazine truly exceptional. I have no doubt that you will continue to inspire others and make a positive impact in everything you do.

GenZ: Showcase Your Skills

The Triple Challenge



Are you up to the challenge?



Submit your work to the following e-mail:

✉ magsubmissions0@gmail.com



LANACOM 23

at a Glance!



On December 3-4, the College of Language and Communication in Alexandria successfully held its second scientific conference, "LANACOM," themed "Innovation and Digitization in Language, Culture, and Communication", under the auspices of Ahmed Abo Al Gheit, the Secretary-General of the Arab League, and Prof. Ismail Abdel Ghaffar, President of the Arab Academy for Science, Technology, and Maritime Transport, along with Prof. Abeer Refky, the Dean of CLC. Egyptian and international prominent figures from the media scene and linguistic field were present. The conference included 6 parallel sessions with more than 50 research topics presented through paper presentations, panel discussions and workshops underlining the importance of integrating artificial intelligence into educa-

tion and research to address the evolving demands of the job market. Students were encouraged to leverage modern technology for efficiency and innovation, aligning with the demands of the tech-centric job market. At the end of the conference the top-tier research presentations were awarded. In the field of Literary Studies, Dr. Dina ElShazly's research "Theatre in Research: A Virtual Exchange and Collaboration Project with Undergraduate Students from Egypt and Jordan" won the Best Research Presentation awards. Whereas in the media studies field, Dr. Ahmed Ghazal's exceptional research "Storyboarding with AI: Enhance your Creative Process" won the Best Research Presentation awards.

By: Salma Tarek





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Designed by: Marise Said Albert