

## Maternity care at Alexandria University

The Women's Health Center, located at the Medical Research Institute (MRI) of Alexandria University, specializes in the early detection of breast diseases using the latest mammography equipment. This project is part of a national plan to examine the most common diseases among women over the age of forty in Alexandria and nearby governorates, aiming at the early detection of breast tumors and osteoporosis for prevention and treatment.

- **Mammogram screening.**
- Ultrasound examination of the breast.
- **Measurement of osteoporosis.**
- Medical analysis and tumor markers.
- **Health education and self-examination of the breast.**

<https://mri.alexu.edu.eg/index.php/en/mtc/services/women-s-health-center>

### Women's Health Center



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- **As part of the "New Beginning" initiative for human development, a visit was organized to Dar Al-Hena for elderly women on Saturday, September 7, 2024, in collaboration with the Elderly Nursing Department at the college.** The awareness lectures covered various essential topics for women's health after menopause, focusing on healthcare strategies to address physical and psychological changes, prevention of osteoporosis and heart disease, and the management of chronic conditions such as diabetes and hypertension. They also emphasized mental health for elderly women, discussing the prevention of depression and dementia, the importance of engaging in cognitive activities to enhance memory, and effective coping strategies for aging. Additionally, the lectures addressed healthy nutrition, highlighting specific dietary needs for this age group, strategies to combat malnutrition and anemia, and the critical role of nutrition in preventing chronic diseases. Finally, maintaining mobility and physical activity was a key focus, with discussions on suitable exercises to improve strength and balance, as well as methods for preventing falls and injuries.





## Forum on Violence Against Women: Challenges and Solutions" on Sunday, September 8, 2024.

- The Anti-Violence Against Women Unit conducted workshops on micro- industries, psychological counseling, and legal consultations. Civil society participation included the Rotary Club Harbor and Rotary Club West Alexandria. Additionally, educational sessions for children were provided, along with the distribution of gifts and school supplies.



## 6. Educational Center for Childhood – Faculty of Education for Early Childhood Objectives:

- Providing distinguished educational services for willing and participating children.
- Providing educational services that qualify families to deal with their children.
- Paying attention to the psychological, health and prevention aspects of children.
- Diagnosing cases of learning difficulty and developing appropriate treatment for them.
- Providing distinguished educational services to the Alexandrian community.
- The most important capabilities and achievements through the center's activities:
- First: The typical kindergarten for ordinary children, which includes halls:
- The PLAYSCHOOL hosting hall includes children from three to four years old.
- First level KG1 halls, which include children aged from four to five.
- The second level halls, KG2, includes children from five to six years old

Attention is paid to choosing the name, form and organization of the halls from an educational standpoint based on modern theories in the fields of child education and child psychology in order to achieve the goals. Emphasis is placed on the principle of integration of experience, starting from the connection of the hall and its organization in a form that is appropriate to this name, to the selection of children's identification cards in a way that is appropriate for each hall. It is expressed and work begins inside the halls with the corner system, and this is confirmed by modern educational trends by the necessity of dividing the children's hall into corners, in which the children are distributed according to their choice to work in it, and when it is finished, it moves to another corner, which is: -

- o Science, nature or exploration corner:

It is one of the important pillars of the child's educational environment, as it contains objects and tools that help the child

develop some scientific, mathematical concepts, linguistic and social skills through natural objects in order to create a wealth of information and answers to children's questions related to the environment surrounding them, which stimulates the child's desire to explore.

- o Construction, Demolition and Cubes Corner:

The processes of construction, demolition, and assembly are of educational importance in training and educating the child on the cognitive, mathematical, scientific, and linguistic aspects at this stage, as it is possible to develop the child's abilities to match, sequence, arrange, and size, and their understanding of some scientific concepts, including balance and stability, and the development of the ability to visual discrimination and the ability to visual motor coordination, which It supports readiness skills for reading and writing, as it helps the child develop himself positively.

- o Bridal Corner, Home Corner, or Family Coexistence Corner:

It is a corner where children practice imaginative play and play various social roles. It is a mini corner of the child's home where he does his favorite activities and the children perform the roles of family members and express many inner feelings that require linguistic communication, which makes them feel psychologically comfortable.

- o Technical Corner:

It means the activities of expressive art, which are considered essential. It helps the child discover different colors and helps him express his feelings through training him to control the use of materials and tools. Through the child's ability to accomplish his tasks, his self-confidence increases.

- o Music Corner:

With the musical instruments, the child repeats the songs that he listens to carefully, then sings them with the teacher, recording them and listening to his voice so that he can modify the song until he masters it and participates with his classmates in singing and playing, which gives the child the desired social skills and develops his sense of music.

o Library or reading corner:

It aimed to respond to the requirements, inclinations, and needs of children to read, read, practice listening skills, and follow proper office behaviors, and this is done through books and magazines through which children practice office activities.

o Kitchen corner:

It is one of the corners in which the child participates with his teacher in preparing some simple meals and foods, such as making a cake, preparing a food item, or raising the food item. Through these practices, the child learns many manners, behaviors, and scientific and social concepts. In this corner, the child has the opportunity to directly experience things, know them, and interact directly. With it, self-activity and involving all the child's senses in learning everything inside the kitchen, as the kitchen environment is considered a field of extensive experience in foods.

Second: The model kindergarten for children with special needs:

This kindergarten accepts children with special needs and provides them with various educational and rehabilitative programs that contribute to the child's readjustment and integration into normal life within the limits of his abilities and readiness.

Third: - Child health and psychological clinic:

Faculty members specialized in the health and psychological fields at the college take care of children, whether in the Childhood Educational Center or for children who wish to participate in the environment in general, through:

- Early detection of cases of physical and mental disability and referring some of them to the relevant authorities.
- Health treatment for kindergarten-age children.
- Early detection of behavioral and psychological disorders.
- Training college students to recognize medical conditions.

Recording cases in records to extract rates and patterns of growth and development of children in the surrounding environment (Alexandria Governorate) while preparing the required awareness programs for parents. The psychological and health clinic also works to provide many activities, including: -

- Division for measuring intelligence tests for children.
- Diagnosing and treating cases of learning difficulties.
- Diagnosing and treating behavioral and psychological problems.
- Conducting communication sessions to improve communication ability.

## Faculty of Specific Education

- **Awareness seminars for women**
- **Workshops on sewing, crafts, and crochet**
- **Workshops on drawing and coloring for children**
- **Ceramics workshops and sculpting with porcelain clay**

**Entertainment segment for children, including distributing sweets to them**



Center of Excellence for Research in Regenerative Medicine and Applications