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CURRICULUM VITA

PERSONAL INFORMATION:

Name: Sabah Mohamed Ebrahem El-sayed

Birthday :6/10/1977

Place of birth : Quesna-Menoufia

Nationality : Egyptian

Religious : Moslem

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Languages : Arabic (home language), English

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ACADEMIC QUALIFICATION:

- 2013 Doctorate degree in nursing sciences (Psychiatric Mental Health Nursing) ."Impact of Educational Programme on Self Esteem of Children with Nocturnal Enuresis and Their Mother's Anxiety and Depression"
- 2008 Master of nursing science (Psychiatric mental Health Nursing) Faculty of Nursing, Menofia University with an excellent degree.
 "The Relationship between Psychological Wellbeing and Coping Strategies of Schizophrenic's Relatives ".
- **1999** BSc in Nursing, Menoufia University, by grade very good.
- **2000** Intern, Faculty of Nursing, Menoufia University.

PROFESSIONAL POSITION:

- 1/8/2018 Assistant professor in Psychiatric Mental Health Nursing Faculty of Nursing, Menofia University till now.
- 24/6/2013 Lecturer of Psychiatric Mental Health Nursing Faculty of Nursing, Menofia University.
- **19/6/2008** Assistant lecturer of Psychiatric Mental Health Nursing Faculty of Nursing , Menofia University.
- **12/6/2002** Clinical Instructor at Psychiatric Mental Health Nursing department– Faculty of Nursing, Menofia University.

TRAINING COURSES:

- Participated in a specialized online training course entitled "essential skills for electronic learning" six modules from 6-12-2020 to 13-12-2020 from Menoufia University.
- Participated in a specialized training course entitled valuable test development at the faculty of Nursing – Menoufia University for two days from 5-1-2020 to 6-1-2020 at faculty of Nursing – Menoufia University.
- Participated in a specialized training about "Counseling for caregiver of Alzheimer's patients" carried at Public Service Center at the Faculty of Nursing Menoufia University from 12-16/11/2017
- Participated in a specialized training about "Debriefing and simulation in psychiatric nursing" carried at Public Service Center at the Faculty of Nursing Menoufia University from 20-24/7/2016
- Participated in a specialized training about "Psychoanalysis for child abuse after trauma in psychiatric nursing" carried at Public Service Center at the Faculty of Nursing Menoufia University from 12-16/6/2016
- Training courses in Faculty and Leadership Development Project (FLDP) in Menoufia University six programs include (Scientific Research Ethics, Decision making and problem solving, Local and global competitive research projects, Lifelong learning, Use of global databases, University and community)on 2016,2017
- Training courses in Faculty and Leadership Development Project (FLDP) in Menoufia University six programs include(Quality standards in the teaching process, Scientific Publishing, Organization of scientific conferences, effective presentation skills, Profession behaviors, Managing the research team)

- Training course in English language in 24 sessions in the center for Adult Learning and Continuing Education in Menoufia University, completed a (TOEFL) preparatory course and passed the final exam with general grade very good
- Training courses in the central unit of ICT Training (CUICTT) improving higher education workforce ICT skills project(teaching assistant 2) that include three programs (presentations, database, information and communication)
- Training courses in the central unit of ICT Training (CUICTT) improving higher education workforce ICT skills project(teaching assistant 1) that include five programs (basic concepts of IT, using computer and managing files, word processing, spreadsheets ,introduction to Pc maintenance and protection)
- Training course in computer for 3months and half for ICTP chart and training course in computer for ICDL certificate
- Training courses in SPSS program
- Attending in training program in administrative subjects, general administrated terminology in English and Computer programs

Quality Assurance Courses

- Participated in a specialized training course entitled "Self-Evaluation for Higher Education Institutes" during the period 27-29/11/2017 from National Authority for Quality Assurance and Accreditation of Education.
- Participated in a specialized training course entitled "Education Programs and Courses Specifications and Evaluation of Learning Outcomes for Higher Education Institutes" during the period 19-21/02 / 2018 from National Authority for Quality Assurance and Accreditation of Education.

WORKSHOPS & SEMINARS

Quality Assurance Workshops

- Mission and Vision for Psychiatric Mental Health Nursing Department, Faculty of Nursing, Menoufia University 10 /11/2020
- 2) Mission and Vision for Faculty of Nursing Menoufia University 8/11/2020
- Academic Reference Standers(ARS) for post graduate stage at Faculty of Nursing, Menoufia University 1/11/2020
- 4) SWAT analysis for faculty of nursing Menofia University 20/9/2020
- Question bank workshop at (Quality assurance unit, Faculty of Nursing, Menofia University)8/1/2020
- 6) Effective participation in the workshop in the Faculty of the Arab Universities Union, the Arab Council for Quality Assurance and Accreditation and the Scientific Association of Arab Nursing Colleges on 17-18-march 2017 at faculty of Nursing – Menoufia
- 7) Participant and attendees in a workshop entitled "New Standards and Accreditation Indicators under the Accreditation Manual for Colleges and Institutes of Higher Education" held on 26th October 2016" at faculty of Nursing – Menoufia University
- 8) National Agency for Quality Assurance and Accreditation of Education "NAQAAE" workshop "The national accreditation standards may-2015 "

WORKSHOPS:

- Participant as attendance in the Workshop entitled "Competency basededucation in nursing" in the 7th international and 1st Virtual Scientific Nursing Conference of Faculty of Nursing- Menoufia University 17/11/2020.
- Participant as attendance in the Workshop entitled "Moodle applications workshop" at Faculty of Science- Menoufia university 30-11-2020 and in Faculty of Nursing Menoufia university 21-10-2020
- Participant as attendance in the Workshop entitled "Practical Competence of Psychiatric Mental Health Nursing" at Faculty of Nursing Menoufia university 4/10/2020
- Participant as attendance in the Workshop entitled" Data entering in SPSS program" at Faculty of Nursing Menoufia University 20/9/2020
- 5) Developing workshop about "Guide to prepare valuable written test" at Faculty of Nursing Menoufia university 1/8/2020
- Developing workshop about "How to prepare Blueprint for the exam" at Faculty of Nursing Menoufia university 5/5/2020
- 7) Participant as attendance in the Workshop entitled "Blueprint Exam Applications" at faculty of nursing Menoufia university held on 24/2/2019
- Participant as attendance in the Workshop entitled" the promotion rules to nursing field "8th of December 2019
- 9) Participant as attendance in the Workshop entitled "Nursing vision and Egypt sustainable developmental goals2030" at The 7th international conference faculty of nursing, Tanta university in collaboration with North Carolina University USA about (Trends and future vision of nursing 2030) on 24th – 25th March 2019
- 10) Participant as attendance in in the Workshop entitled "Basics of Research Methodology " in the 3rd scientific conference of psychiatric and mental health

department about "Cultural and environmental pollution and its impact on the psychological and physical status of the individual, family and society" held at Faculty of Nursing on 20th &21th March,2018

- Attend workshop entitled " specification of the exam paper in accordance with the requirements of quality and accreditation" in the quality unit "on 27-9- 2017 at faculty of Nursing – Menoufia University
- 12) Attend workshop entitled " Scientific leadership and academic guidance" in the quality unit "on 20-9- 2017 at faculty of Nursing Menoufia University
- Participation on the training workshop entitled "test development) in the 5 th international nursing conference " towards advanced nursing practice on 4-5-april 2017 at faculty of Nursing Menoufia University
- 14) Attend workshop entitled "Trauma, Transference and Counter Transference" in the 2nd scientific conference of psychiatric and mental health nursing department about" psychological disorders of children and its management "on 10-may 2017 at faculty of Nursing – Menoufia University
- 15) Attend workshop entitled "writing title, research hypothesis or research question" in the 2nd scientific conference of psychiatric and mental health nursing department about" psychological disorders of children and its management "on 10-May 2017 at faculty of Nursing – Menoufia University
- 16) Attend workshop entitled "how to write research paper and proposal " in the 1st Scientific conference of psychiatric and mental health nursing department about" problems of adolescence and its management "on 17-18-May 2016 at faculty of Nursing – Menoufia University
- 17) Attend workshop entitled "plagiarism in nursing" in the 1st Scientific conference of psychiatric and mental health nursing department about" problems of adolescence and its management "on 17-18-May 2016 at faculty of Nursing – Menoufia University

- 18) Attend workshop entitled "ethics in psychiatric nursing" in the 1st Scientific conference of psychiatric and mental health nursing department about" problems of adolescence and its management "on 17-18-may 2016 at faculty of Nursing Menoufia University
- 19) Attend workshop entitled "paper critique" in the 2 nd annual scientific conference for community health nursing department at faculty of Nursing -Menoufia University entitled "Egyptian Women and Current Issues "on 24 April 2016
- 20) Participate in workshop about (learning outcomes) in 4 th international conference of faculty of nursing Tanta university about "Teaching and clinical learning in nursing and health science" on 8-9 November 2015
- 21) Participate in workshop about (Essential elements nurse educators have to know about simulation) in 4 th international conference of faculty of nursing Tanta university about "Teaching and clinical learning in nursing and health science" on 8-9 November 2015
- 22) Attended workshop about "the promotion rules" on 18-3-2015 at faculty of Nursing – Cairo University
- 23) Planning and organizing a workshop on " addiction and its effect on the individual, family and society" carried out at faculty of nursing to raise awareness of the students and faculty members on 25th November 2014 at faculty of Nursing – Menoufia University
- 24) Participate in workshop about cognitive behavioral therapy on 15-18\ 9\ 2013 at faculty of Nursing Menoufia University
- 25) Attending in workshop about "Developing and Testing Research Tools "on 13 -4-2004 at the faculty of Nursing- Cairo University
- Attending in workshop of "Improving University Exams for the best " from 4-7-2004 to 14-7-2004 at faculty of nursing –Menoufia University.

CONFERENCES:

- Participated as a supervisor for students presentation in the 7th international and 1st virtual scientific nursing conference faculty of nursing Menoufia university about(Capacity Development of Nursing Research and Practice) 16-17th November,2020
- 2. Participated as a member of the communication committee for the preparation of the 7th international and 1st virtual scientific nursing conference faculty of nursing Menoufia university about(Capacity Development of Nursing Research and Practice) 16-17th November,2020
- Participated in the first International Virtual Conference of Faculty of Nursing, Tanta University (The future of nursing after Corona Virus (covid-19), held at faculty of nursing ,Tanta University, 7th August .2020
- 4. Participated in the 2nd Annual scientific conference of psychiatric and mental health nursing department, Faculty of Nursing, Zagazig University about "Addictive Behavior and Psychiatric Nursing" on 17th February 2020
- 5. Participated as a member of the printing committee for the preparation of the 6 th international scientific nursing conference faculty of nursing, Menoufia university about (Sustainable development of nursing ,education and research) on 1,2 October 2019
- 6. Participated with **talk** about (Cultural Aspects of Tele-Psychiatry) in The 7 th international conference faculty of nursing, Tanta university in collaboration with North Carolina University USA about (Trends and future vision of nursing 2030) on $24^{th} - 25^{th}$ March 2019
- 7. Participated with **talk** about(Environment and its Relationship with Addiction)in the 3rd scientific conference of psychiatric and mental health department about "Cultural and environmental pollution and its impact on the

psychological and physical status of the individual, family and society" held at Faculty of Nursing, Menoufia university on 20th &21th March,2018

- Participated in The 5th Annual Armed Forces Psychiatry Conference about "Quality Assurance in Mental Healthcare" held at Military Medical Academy psychiatry department in collaboration with Egyptian Psychiatric Association. Cairo, Egypt on 28-30 March 2018
- Participated in 3rd Annual scientific conference of Medical surgical nursing department about " Hand in hand creating tomorrow in medical surgical nursing", held at Faculty of Nursing, Menoufia university on 3-4 April,2018
- 10. Participation in the 4 th post graduate students conference (Novice Researchers) of faculty of nursing, Tanta University on 24 April 2017 at faculty of Nursing Tanta University about "Scientific Nursing Research and Health Promotion
- 11.Participated with a talk about " Learning disabilities and its management" in the 2nd scientific conference of psychiatric and mental health nursing department about"" psychological disorders of children and its management "on 10-May 2017 at faculty of Nursing – Menoufia University
- 12. Participating as a member of the organizing committee for the preparation for the second scientific Conference of psychiatric and mental health nursing department about" psychological disorders of children and its management "on 10-may 2017 at faculty of Nursing Menoufia University
- 13.Participation in the 5 th international nursing conference " towards advanced nursing practice" on 4 -5- April 2017 at faculty of Nursing Menoufia University
- 14. Attend the 1 th Scientific conference held by, Faculty of nursing ,Damanhour University about" Creative Paths for Nursing In New Era" on 30-31\ 10 \2016 at faculty of Nursing Damanhour University

- 15.Organized and participated in the 1 th Scientific conference of psychiatric and mental health nursing department about" Problems of Adolescence and Its Management "on 17-18 May 2016 at faculty of Nursing – Menoufia University
- 16.Attend conference of medical surgical nursing department about (Toward Excellence in Ethical and Professional Conduct among Medical Surgical Nursing Team" on 4 th &5 th October-2016 at faculty of Nursing- Menoufia University
- 17. Attend in the scientific Conference of psychiatric and mental health nursing department about" aggressive behavior, its predisposing factors and intervention" on 26-4-2016 at faculty of Nursing Tanta University
- 18. Attended the scientific Conference of psychiatric and mental health nursing department about "globalization and mental illness "on 24-3-2015 at faculty of Nursing – Tanta University
- 19. Attended and participated in the 22 nd International congress of faculty of medicine" what is beyond the accreditation " on 28-29-30 April and 1 st May2015 at faculty of medicine– Menoufia University
- 20. Attended the 4 th international conference of faculty of nursing Tanta university about "Teaching and clinical learning in nursing and health science" on 8-9 November 2015
- 21. Attended the scientific Conference of psychiatric and mental health nursing department about "recent stress and its management" on 7-5-2014 at faculty of Nursing – Tanta University
- 22. Participation in 4th International nursing conference titled" utilization of research in nursing" on 9th and 10th the of May, 2014 at faculty of Nursing Menoufia University
- 23. Attending the conference about "prevention is better than cure" on 3-2014 at faculty of Nursing Mansoura University

- 24. Attending the conference about "scientific research and community development" on 4-2014 at faculty of Nursing – Tanta University
- 25. Attending the scientific conference of psychiatric and mental department entitled "Substance Abuse and its risks on the youth communities". In 23\4\2012 which Amal Hall of faculty of Nursing, Tanta University
- 26. Attending the third international scientific nursing conference about "Toward Excellence in Nursing Profession" from 27-28-2011 at faculty of Nursing, Menoufia University
- 27. Attending the second international scientific nursing conference about "Quality Performance; Nursing Challenges and Ambition" from 24-25-2010 at faculty of Nursing, Menoufia University

Seminars

1) Attend scientific symposium of Quality Education and Academic accreditation scientific society (QEAAS) about (Challenges facing blended learning and treatment)on 5/12/2020

2) Planning and organizing symposium to psychiatric nurses about "Psychiatric nursing assessment "which was held at El-hekma hospital for psychiatric medicine and addiction treatment at Menoufia on 17 November 2019

3) Attend the fourth scientific symposium of psychiatric and mental health nursing department about (Life satisfaction in relation to happiness and mental health enhancement) which was held in the faculty of nursing –Tanta university in 12 November 2019

4) Attend a seminar entitled "Environment and its relationship to tumors" during the second environmental cultural week in the period from 2-12- 2017 to 6-12 2017 at faculty of Nursing – Menoufia University.

5) Attend a seminar entitled "Community awareness towards AIDS "during the second environmental cultural week in the period from 2-12- 2017 to 6-12 2017 at faculty of Nursing – Menoufia University

6) Attended the seminar on "Infection control thinking outside the box" on 29 th November 2015 at Infection Control Unit National Liver Institute – Menoufia University

7) Attended the seminar on "How to increase self- awareness" on 26 th April 2015 at faculty of Nursing – Menoufia University

8) Attended the seminar on "sleep disturbances and its management" on 7 April 2015 at faculty of Nursing – Menoufia University

9) Participated in the activities of the day on the promotion rules on 30 march 2015 at faculty of Nursing – Menoufia University.

10) Participate in the convoy carried out by the university and the faculty of nursing to raise awareness of the students with title (Sexual harassment toward girls) at secondary school of girls in shebin Elkom, Menoufia On 16 -2- 2015

11) Attended the seminar on "Autism and how to deal with this child" on 9th December 2014 at faculty of Nursing – Menoufia University

12) Attended the seminar on "Creating a culture of professionalism, working ethics among health care providers" on 14 th October 2014 at faculty of Nursing – Menoufia University

13) Attended the seminar on "Hospital based care in psychiatry" on 13 th April 2014 at faculty of Nursing – Menoufia University

QUALITY ASSURANCE ACTIVITIES:

- Coordinator & Member of post graduate quality assurance group (master) form 2018 till now.
- Participation in designing the first, second and third faculty mission and vision (2013-2016- 2020).
- Participation in writing master program and course specification for the academic years (2010- 2011, 2015-2016 and 2019-2020)
- Participation in designing the first faculty mission and vision.
- Participation with the accreditation visit facilitator in managing the final accreditation visit (2013)

- Writing the guide to Master's program and the guide to psychiatric department (2012-2013) and after the new regulation (2014-2015) then (2016-2017), (2018-2019)and (2019-2020).
- Participation in writing undergraduate courses specification for Psychiatric and Mental health nursing department for the academic years (2015-2016) till now (2020-2021).
- Participation in writing undergraduate courses specification for Human Relation and group dynamics course for the academic years (2016-2017) till now (2020-2021).
- Participation in writing undergraduate courses specification for treatment modalities in psychiatric nursing course for the academic years (2016-2017 till now 2020-2021).

TEACHING ACTIVITIES:

Post graduates

- Educational psychology for master degree 2 hours 3rd semester, first term 2020-2021 Faculty of nursing -Menoufia University.
- Research critique in nursing for master degree 3 hours fourth semester, second term 2019-2020 Faculty of nursing -Menoufia University.
- General psychiatric Nursing (Second level) for master degree 6 hours third semester, first term 2019-2020 Faculty of nursing -Menoufia University
- Research design for master degree 3 hours second semester, second term 2018-2019 Faculty of nursing -Menoufia University
- Health assessment of psychiatric patients for master degree 3 hours fourth semester, second term 2015-2016 Faculty of nursing -Menoufia University

• Child psychiatry for doctoral degree 2 hours third semester ,first term 2015-2016 Faculty of nursing -Menoufia University

For the Undergraduates

- Psychiatric Treatment Modalities in Nursing for Baccalaureate degree-Faculty of nursing -Menoufia University (2017-2018) ,(2018-2019)(2020-2021)
- Human relation for Baccalaureate degree- Faculty of nursing -Menoufia University second term 2016-2017
- Psychiatric nursing for Baccalaureate degree- Faculty of nursing -Menoufia University (2013-2014)-(2016-2017),(2019-2020)
- Teaching methods and health education for second year- Institute of Technical Nursing -Menoufia University –first term- 2015-2016
- Psychiatric nursing for second year- Institute of Technical Nursing -Menoufia University-second term- 2015-2016
- Clinical Psychiatric and Mental health nursing training for 4th year students at Shebin El-koom teaching hospital, Tanta Hospital for Psychiatric and Mental disorders, Meet Khalaf Hospital for Psychiatric and mental health disorders(from 2007 till now).

Supervising on scientific thesis :

- 1- Effect of Mindful Parenting Training for Parents with Children having Attention Deficit Hyperactivity Disorder on Parenting Stress ,doctoral dissertation in psychiatric and mental health nursing, Faculty of Nursing, Menoufia University 21/12/2020
- 2- Psychosocial Stress, Smoking and Academic Performance among University Students, Master thesis in psychiatric and mental health nursing, Faculty of Nursing, Menoufia university, 9/2017

3- The effect of Play Techniques on Separation Anxiety among Preschool Children, doctoral dissertation in psychiatric and mental health nursing, Faculty of Nursing, Menoufia University 2018

Judging scientific thesis:

- 1. The relationship between job-related stress ,fear and self-efficacy among nurses at Benha fever hospital. Master thesis in psychiatric and mental health nursing, Faculty of Nursing, Benha University,10 / 6/2020
- 2. The Relationship between Loneliness, Anxiety Level and Depressive Symptoms among Elderly, Master thesis in psychiatric and mental health nursing, Faculty of Nursing, Menofia university 6/7/2020
- 3. Correlation between child abuse and school refusal among primary school children in Benha City, Master thesis in psychiatric and mental health nursing, Faculty of Nursing, Benha University, 18 / 11/2020

Reviewing scientific researches

- "Prevalence of HCV among employees in an Egyptian financial company, and effectiveness of educational sessions on the knowledge of HCV positive ones.", Journal of Nursing and Occupational Health , 18-2-2020
- Dextroamphetamine Sulfate Therapy Markedly Improves The Chronic Fatigue Syndrome." Journal of Nursing and Occupational Health, 23/6/2020



Research Papers:

1- **Ebrahem,S.,**El-Abbassy,A., Fathalla,A., Radwan,H., Hassan,GH& ELBerry,K .(2020). The Effect of Play-Based Program on Social Competence and Bullying Behavior among Primary School Students with Learning Difficulties. SYLWAN., 164(10);343-367. ISI Indexed,Oct 2020

2- **Ebrahem,S**., Alam,F.,& EL Berry,K.(2020).The Effectiveness of Rational Emotive Therapy on Stress and Irrational Thoughts among Drug Addicts. International Journal of Novel Research in Healthcare and Nursing, 7,(1) ; 965-977, Available at: www.noveltyjournals.com

3- **Ebrahem,S**., Shattla, **S**. (2019). The Effectiveness of Psycho-educational Program on Emotional Regulation and Problem-Solving among Preparatory School Students. American Journal of Nursing Research, Vol. 7, No. 6, 922-931

4- EL Berry,K., Osman, Z., El Malky,M ., EL Nagar,N., , **Ebrahem,S**.(2018).The effect of Play Techniques on Separation Anxiety among Preschool Children .International Journal of Novel Research in Healthcare and Nursing,5 (1) ;227-235 Available at: www.noveltyjournals.com

5- Salem, E and **Ebrahem, S**.(2018). Psychosocial Work Environment and Oxidative Stress among Nurses' Journal of Occupational Health;60,(2)

6- Ebrahem,S, El Gahsh,N., Abd-Elalem,S.(2017).The effectiveness of the nursing intervention on cholesterol level and quality of life among hypertensive

patients with dyslipidemia" Clinical Nursing Studies; 5, (2): 32-40 .https://doi.org/10.5430/cns.v5n2p32

7- Ebrahem,S& Masry,S.(2017).Effect of relaxation therapy on depression, anxiety, stress and quality of life among diabetic patients. Clinical Nursing Studies 2017, Vol. 5, (1): 35-44. https://doi.org/10.5430/cns.v5n1p35

8- Ebrahem,S& Alam,F.(2016).Effectiveness of Psychiatric Nursing Intervention on Adherence to Medications and Quality of Life of Schizophrenic Patients. American Journal of Nursing Science 2016; 5(6): 232-239 . http://doi. .org/ 10.11648/j.ajns.20160506.11

9- Ebrahem,S& EL Nagar,N.(2016). Impact of Nursing Intervention Regarding Medications Errors on the Level of Psychiatric Nurses' Practice. International Journal of Nursing Science 2016, 6(4): 94-102. http://doi.org/ 10.5923/j.nursing.20160604.02

10- El-Malky, M & Ebrahem, S.(2015). Effectiveness of Psycho- Educational Nursing Intervention on Adolescents' Premenstrual Syndrome and Self-Efficacy. Swift Journal of Nursing and Midwifery 2015, 1(1): 1-11. http://www.swiftjournals.org/sjnm/

11- El-Malky, M ., Ebrahem, S., El-Amrosy, S. (2014). Effect of Recreation Therapy on Positive and Negative Symptoms of Schizophrenic Patients. Egyptian Journal of Health Care, 2014, 5 (3): 23-40

12- El-Malky, M ., **Ebrahem, S**., Abed ,G.(2014).Level of symptoms of depression and anxiety among nursing students in faculty of nursing Menoufyia University Egyptian Journal of Health Care, 2014, 5 (2): 120-136

MEMBERSHIP OF COMMITTEES

- 1. Member of the library committee at Faculty of Nursing, Menoufia University (2020- 2021).
- 2. Member of the post graduate Committee at Faculty of Nursing, Menoufia University (2017-2018).
- 3. Member of the students' affairs committee at Faculty of Nursing, Menoufia University (2016-2017).



- 1. Resala consortium for charity affairs.
- Rural Woman Improvement consortium (Sers El laian-Shebin El Koom, Menofia governorte).