

Education Through Extracurricular Class Activities for Students

(Pharmacy - DY4 - PharmD-clinical – Optional Neuroscience module)

Name of Faculty: Faculty of Pharmacy

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Name of Activity/Event:

Awareness Campaign among BUE students

“The effects of technology and beyond on human memory”

Degree year 4 students, who belong to the Pharm D-clinical program and are enrolled in Optional Neuroscience-1 module (74 student; Code: PCLc012), organized an awareness campaign as part of a graded project. The awareness campaign under the theme “The effects of technology and beyond on human memory” was conducted on/off campus during weeks (11 – 12) (from Sunday 3rd of December to Sunday 10th of December, 2023).

This campaign allowed the students to use the knowledge acquired in this module to give back to the community through increasing the community’s awareness about the impact of our daily encounters and practices on our memory. The topics covered include: Effect of blue light (screens) on memory, Effect of GPS usage on memory, Memory and sleep, Memory boosting diets, Memory and exercise, and Memory boosting techniques (ex. Word puzzle, rehearsals, etc.).

Furthermore, this extracurricular activity not only draws the attention of the general audience to community-related health issues, but also helps boost students’ self-confidence, knowledge, communication and interpersonal skills. Finally, this activity aligns with the United Nations (UN) sustainable development goals (SDGs): SDG# 3 (good health and wellbeing) as well as SDG#4 (Quality education) in addition to its alignment with Egypt’s 2030 vision of a Universal healthcare system capable of improving health conditions as well as A high-quality education and training system.

Sample of student photos





Sample of student flyers



GPS

GPS technology has changed the way we navigate and explore our environment and has become an essential tool in our daily lives



THINGS COULD HARM OUR BRAIN MEMORY

Hippocampus

It is the part of the brain responsible for the memory learning and helping to navigate



Research

- People who use gps on daily basis worsen their spatial memory

Spatial memory

- It is the type of memory responsible for collecting information of landmarks, routes and destinations

- Cognitive maps that enables us to know where we are and how to get to our destination



- Reducing the use of spatial navigation may lead to alzheimer's disease

