

USEK'S EUROPEAN INSTITUTIONAL ACCREDITATION FROM EVALAG

On December 3, 2012, the Holy Spirit University of Kaslik organized a ceremony sponsored and attended by the Minister of Education and Higher Education, H.E. Mr. Hassan Diab celebrating the European Institutional Accreditation granted by the Evalag Accreditation and Quality Assurance Agency.

The Superior General of the Lebanese Maronite Order, Fr. Abbot Tannous Nehme, Assistant Generals of the Order, Rev. Fr. Neamtallah Hachem and Rev. Fr. Ayoub Chahwan, Mr. Chady Saad, representing MP Mr. Sleiman Frangieh, Presidents and representatives of universities and educational institutions, along with members of the University Council, teaching and administrative personnel and students, all responded to the invitation of the President of the University, Rev. Fr. Hady Mahfouz.

Following the Lebanese National Anthem, the Director of the International Affairs Office, Mrs. Rima Mattar, inaugurated the ceremony and stated that "Five years ago,

when the University administration decided to undertake the institutional accreditation process, the challenge was immense". The Assistant to the University President and Director of the Quality Assurance and Institutional Effectiveness Office, Dr. Georges Yahchouchi indicated that the Holy Spirit University of Kaslik had taken a hard choice, which turned out to be right decision, "...undertaking external evaluation in order to improve quality". The Evalag Accreditation and Quality Assurance Agency had granted the University Institutional Accreditation for five years, proving that the deployed administrative and academic efforts served the institutional objectives and mission and go hand in hand with both the European Standards and Guidelines for Quality Assurance and the Evalag standards. Dr. Yahchouchi added that in 2010, USEK became the first non-European University to become a member of the European University Association (EUA).

Mr. Harald Scheuthle, Evalag Project Coordinator for USEK Institutional Accreditation, presented an overview

of the accreditation process and stated that Evalag had evaluated the University in general as well as quality assurance within it. He added that Evalag-Baden-Württemberg is an Accreditation and Quality Assurance Agency and is a public institution by virtue of law. Evalag is listed on EQAR (European Quality Assurance Register) and is a member of ENQA (European Association for Quality Assurance in Higher Education) and EUA. Evalag is known as a Centre of Competence for quality assurance and enhancement and a source of support for Higher Education Institutions and other scientific institutions, with commitment to good quality in teaching and learning, research and other services. He concluded by congratulating the University for its Success and expressed his heartfelt gratitude to Dr. Georges Yahchouchi for his professional organization of the visits and meetings.

The Head of the Expert Evaluation Commission for USEK, Prof. Dr. Brigit Schabler took the floor and spoke on behalf of the panel of experts. She praised the professionalism of the LMO superiors and confirmed that USEK had volunteered to face this challenge, stressing that this was of utmost importance in a highly globalized world, within which the University should excel in order to stand out. She mentioned the University's strong points and characteristics that led to granting it the Institutional Accreditation for five years.

Following a short movie about the University, entitled "A Tradition of Excellence", USEK President, Rev. Fr. Hady Mahfouz, reminded the attendees of the motto he had adopted when he took office: "Evolution in Communication" and said, "We have deep roots running from the LMO and the University is proud of its affiliation to this Order, which has a great History wherein it gave Lebanon so much. We will preserve this heritage." He considered that this accreditation was not only an achievement, but also a step forward in the history of the Institution; asking God Almighty to give them strength to keep going in their evolution and excellent journey. Finally, Rev. Fr. Mahfouz thanked H.E. Mr. Hassan Diab for sponsoring this event and praised his efforts for aiming to establish a National Independent Commission for quality assurance in higher education.

The Minister of Education and Higher Education, H.E. Mr. Hassan Diab stated that, in light of the current challenges faced in the Arab region and the phenomenon of globalization that had reached all areas, it was necessary for a Higher Education Institution to adopt a strategic policy, in order to develop education and scientific research to cope with the latest developments in the educational field. He added that the Ministry was always keen to preserve freedom of education and to develop this sector.

Finally, the Evalag Institutional Accreditation Certificate, awarded to the Holy Spirit University of Kaslik, was unveiled.



INFOS

DIABÈTE: 5 CONSEILS POUR MANGER MOINS SUCRÉ

Le diabète de type 2 peut être favorisé par une alimentation trop riche en sucres. Voici cinq idées pour adapter vos plats et ainsi manger moins sucré.

Buvez de l'eau:

Un litre de soda vous fournit 20 morceaux de sucre. Un litre d'eau... zéro !

Évitez les céréales au miel et au chocolat

Remplacez-les par des produits moins sucrés: muesli, céréales au son...

Grignotez malin

Au goûter, on craque facilement pour le sucré et le gras! Prenez plutôt un yaourt que vous sucrerez avec du miel, ou encore mieux du sirop d'érable, ou bien un fruit ou une boisson non sucrée.

Ne vous privez pas

Mangez suffisamment. Les personnes qui se privent en quantité pour perdre du poids ont tendance à grignoter entre les repas, et bien souvent des friandises.

Allégez vos pâtisseries

Pour vos gâteaux, diminuez d'un tiers la quantité de sucre indiquée dans la recette ou utilisez du fructose en poudre (Vivis). Pour les entremets, vous arriverez au même résultat en faisant bouillir une gousse de vanille dans le lait nécessaire. Dans les compotes de fruits trop acides, ajoutez un filet de sirop d'érable, dont l'index glycémique est bas.

L'idéal reste la salade de fruits frais, en évitant toutefois la banane et le raisin, avec cannelle et feuilles de menthe.