



Oct 10, 2023

An event in celebration of World Mental Health Day

Conciding with the Year of Sustainability, and in alignment with the goals of COP 28, the College of Education, Humanities and Social Sciences, in collaboration with the Deanship of Student Affairs (Al Ain campus), organized a health event under the slogan: "A Peaceful Mind in a Clean Environment," in celebration of World Mental Health Day.

The event included an informative workshop on mental health and its relationship to climate change, as well as the methods to maintain mental health through music and meditation sessions. It also featured a short play highlighting the importance of consulting mental health professionals when needed and encouraging open discussions about mental health. Additionally, there was a mental health exhibition with recreational activities and awareness messages.

[Press Release Link](#)