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AAU launches an awareness campaign for Mental health

On the occasion of the World Mental Health Day, students from the Applied Psychology Program at the College of Education, Humanities and Social Sciences at Al Ain University of Science and Technology, Abu Dhabi Campus, launched an awareness campaign under the title "My Health, My Happiness". In order to raise awareness of mental health issues.

Students presented information on mental health and its impact on the individual health by distributing awareness brochures, in addition to, the activities and scientific experiments carried out by the students and targeted academic and administrative members and AAU students. The activities included training the staff on some relaxation exercises to be practiced in the office in order to alleviate the pressure of work, apply psychological tests to measure the mental health of students, and the experience of listening to loud and quiet music and their impacts on the students focus and attention. The campaign also focused on the importance of reading and sports to have a good mental health.

The campaign concluded with competitions and intellectual questions that the audience

interacted with.

[Press Release Link](#)