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## **Awareness Workshop on Utilizing Youth Time and Self-Development**

As part of its ongoing efforts to empower students and enhance their personal skills, the Deanship of Student Affairs at Abu Dhabi Campus, in collaboration with the TATWEER Security Training Institute, organized an awareness workshop titled *"Utilizing Youth Energy in Their Free Time."* The workshop was delivered by Dr. Ahlam Al Housani, a certified trainer in human resources and self-development.

The session highlighted the importance of investing free time in constructive activities that contribute to personal development and skill enhancement. Emphasis was placed on the need for students to dedicate part of their day after completing academic tasks to engaging in beneficial practices that improve their capabilities and positively impact society.

The workshop also addressed ways to engage in volunteer work through national associations and institutions, underscoring the key role of participating in social, national, and religious

activities in fostering a sense of belonging and community responsibility.

At the conclusion of the session, students expressed their appreciation for the enriching experience, noting the valuable insights gained on time management and personal growth. They praised the university's initiative in organizing such impactful awareness workshops, which play a vital role in shaping a conscious and ambitious generation.

[Press Release Link](#)