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AAU held the first exhibition in UAE in the field of Mental Health

As developing our souls builds a bright future, Al Ain University of Science and Technology held the “The College of Education’s First Exhibition” entitled “Develop Yourself” which is considered as the first exhibition in UAE and AAU in the field of mental health. The exhibition was organized by the students of Applied Psychology Department in the College of Education, Humanities and Social Sciences at Abu Dhabi Campus, under the supervision of Dr. Salwa Abdullah Al Majali with an effective participation of psychosocial support institutions in Abu Dhabi.

The exhibition was opened by Dr. Amer Qasem –AAU Vice President (Abu Dhabi Campus), in the presence of the college's Deans and academic staffs, who received a special reception with a musical presentation from children with special needs from Zayed Higher Organization for Humanitarian Care.

AAU students of Applied Psychology Department participated in the exhibition with various projects in the field of mental health, such as; Self-development, children's and teenagers problems, depression, Phobia and Obsessive-compulsive disorder, In addition to making psychological tests and distributing scientific publications and gifts to the visitors.

On the other hand, Mr. Abdullah Al Ghamdi –Presenter in Al Emarat TV and psychology specialist- presented a lecture about happiness entitled “Inner happiness”. The students also presented a short film about the "Istased" campaign, which was implemented during the second semester by the Department of Psychology On the occasion of the World Happiness Day and aims to spread happiness messages.

The aim of the exhibition is to spread mental health awareness and building cooperation bridges with community, educational and psychosocial support institutions in the country, where Al Ain University of Science and Technology will cooperate with these institutions in the future in terms of training students, and organizing different activities.

It is worth to mention that the exhibition has attracted visitors and got impressed by the audience.

[Press Release Link](#)