

# AAU E-NEWSLETTER

JULY 2021 - ISSUE 114

Issued by the Public Relation Office at AAU  
p.relation@aau.ac.ae



جامعة العين  
AL AIN UNIVERSITY



الإمارات العربية المتحدة  
وزارة التربية والتعليم

## Al Ain University develop the youth skills



On the occasion of the World Youth Skills Day, the Deanship of Student Affairs in collaboration with the Ministry of Culture and Youth organized an interactive virtual session entitled; A Summer of Creativity and Entertainment was presented by Dr. Mohammad Al Dhaheri.

Dr. Al Dhaheri allocated a group of elements that contribute to developing youth skills, including time management, self-esteem, innovation and quality, indicating that every student is able to have these skills and develop them to be an influencer on their society.

[READ MORE](#)

## The "Eid Challenge" encourages students to exercise

Considering the approach of Eid Al-Adha, The Deanship of Student Affairs, Al Ain Campus, organized a virtual sports event entitled the "Eid Challenge". Participants choose one of the physical activities (walking, running, or cycling). And the one who achieves the largest number of kilometers will get the prize. Student Mohammad Hasan from the College of Pharmacy won the cash prize by conquering 47.92 KM in cycling. The activity aims to encourage students to exercise and maintain their physical health, also to participate along with them in the celebration of Eid Al-Adha.

In the same context, and within its keenness to organize a variety of sports activities for students, the Deanship organized the GET FIT event, which aims to help students raise their level of physical fitness, lose weight, and reach the desired health goal during the summer vacation period. Where, the sports trainers at AAU selected a number of students based on specific conditions and conduct a comprehensive health follow-up by sending a customized nutrition program that takes into account their physical and health needs and providing them with videos of exercises that suit their abilities.



[READ MORE](#)

