

HCT - Dubai Men's Campus

On the occasion of
International Day of Happiness 2022

HAPPINESS & WELLBEING SEMINAR

Incorporate wellness and productive
activities in your life



Ms. Marisa Lobo Biddappa

Clinical Psychologist
Kids Neuro Clinic & Rehab Center



25 Friday
MARCH 2022
10:00 - 11:00 am



ZOOM LINK

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**One volunteering and PD
hour will be granted to
participating students,
faculty and staff.**



**Higher
Colleges of
Technology**

<u>Attendee Report</u>					
Topic	Webinar ID	Actual Start Time	Actual Duration (minutes)		
Happiness and Wellbeing	945 7146 2359	Mar 25, 2022 9:43 AM	84		
Total Users	# Registered				
259	298				
<u>Attendee Details</u>					
User Name (Original Name)	First Name	Last Name	Campus	Are you a	Country/Region Name
Saad Ahmed	Saad	Ahmed	Al Ain Men's Campus	Staff	United Arab Emirates
Samina Perwez	Samina	Perwez	Dubai Men's Campus	Staff	United Arab Emirates
Samina Perwez	Samina	Perwez			United Arab Emirates
George Selvaraj	George	Selvaraj	Fujairah Women's Campus	Staff	United Arab Emirates
aljazia aletaibi	aljazia	aletaibi	Al Ain Women's Campus	Staff	United Arab Emirates
Khadija Alameeri	Khadija	Alameeri	Fujairah Men's Campus	Staff	United Arab Emirates
Badreyah AlShehhi	Badreyah	AlShehhi	Fujairah Men's Campus	Staff	United Arab Emirates
SRIINVASULU	SRIINVASULU	UPPARI	Abu Dhabi Women's Campus	Staff	

Paul Bolger	Paul	Bolger	Fujairah Women's Campus	Faculty	United Arab Emirates
Aruna Ramiseti	Aruna	Ramiseti	Al Ain Men's Campus	Faculty	United Arab Emirates
Tatjana Curcic	Tatjana	Curcic	Abu Dhabi Women's Campus	Staff	United Arab Emirates
Mrs. M.	Mrs. M.	Matiullah	Dubai Women's Campus	Faculty	
Firoz Khan	Firoz	Khan	Dubai Men's Campus	Staff	United Arab Emirates
Clayton	Clayton	Menezes	Abu Dhabi Women's Campus	Staff	
Maria Kathleen Asis	Maria Kathleen	Asis	Fujairah Women's Campus	Staff	United Arab Emirates
Ibrahim Ismail	Ibrahim	Ismail	Sharjah Women's Campus	Staff	United Arab Emirates
Sumayya Al Shehhi	Sumayya	Al Shehhi	Ras Al Khaimah Women's Campus	Staff	United Arab Emirates
Nouf	Nouf	Aleissae	Abu Dhabi Women's Campus	Staff	
John Dixon	John	Dixon	Dubai Women's Campus	Staff	United Arab Emirates
Mohamed Hamou	Mohamed	Hamou	Abu Dhabi Men's Campus	Staff	United Arab Emirates
Mohamed Hamou	Mohamed	Hamou			United Arab Emirates
Maithaa Alqubaisi	Maithaa	Alqubaisi	Fujairah Women's Campus	Staff	United Arab Emirates
Mouza	Mouza	Alzaabi	Abu Dhabi Men's Campus	Student	
Mozah Alyammahi	Mozah	Alyammahi	Fujairah Women's Campus	Faculty	United Arab Emirates
Rabeeh	Rabeeh	Homessi	Abu Dhabi Women's Campus	Staff	

Jamila Rafi	Jamila	Rafi	Abu Dhabi Men's Campus	Staff	United Arab Emirates
Najla	Najla	Alsheraifi	Abu Dhabi Women's Campus	Student	
John Cargill	John	Cargill	Dubai Women's Campus	Faculty	United Arab Emirates
Tasneem Shaikh	Tasneem	Shaikh	Madinat Zayed Women's	Faculty	United Arab Emirates
Buthaina Alshehhi	Buthaina	Alshehhi	Ras Al Khaimah Women's Campus	Staff	United Arab Emirates
Amna	Amna	Alkindi	Fujairah Women's Campus	Staff	
Sincy Alexander	Sincy	Alexander	Abu Dhabi Women's Campus	Staff	United Arab Emirates
Sara Almehrzi	Sara	Almehrzi	Sharjah Men's Campus	Staff	United Arab Emirates
JUNAID C M	JUNAID	C M	Abu Dhabi Women's Campus	Staff	United Arab Emirates
Walid Ali	Walid	Ali	Madinat Zayed Women's	Staff	United Arab Emirates
Corne Lotter	Corne	Lotter	Al Ain Men's Campus	Faculty	United Arab Emirates
Maricel Tatel	Maricel	Tatel	Al Ain Women's Campus	Staff	United Arab Emirates
Majid Khan	Majid	Khan	Ruwais Women's Campus	Staff	United Arab Emirates
Nourah Morad	Nourah	Morad	Fujairah Women's Campus	Faculty	United Arab Emirates
Velmurugan Muppudathi	Velmurugan	Muppudathi	Dubai Men's Campus	Faculty	United Arab Emirates
Sultan Alseridi	Sultan	Alseridi	Fujairah Men's Campus	Student	United Arab Emirates

Ahmed Alzaabi	Ahmed	Alzaabi	Fujairah Men's Campus	Student	United Arab Emirates
Laila Alkaabi	Laila	Alkaabi	Dubai Women's Campus	Staff	United Arab Emirates
Natalie Alfonso	Natalie	Alfonso	Abu Dhabi Men's Campus	Staff	United Arab Emirates
Maryam Alyammahi	Maryam	Alyammahi	Fujairah Women's Campus	Staff	United Arab Emirates
Samantha McDonald Amara	Samantha	McDonald Amara	Ras Al Khaimah Women's Campus	Staff	United Arab Emirates
natarajan murugan	natarajan	murugan	Fujairah Women's Campus	Staff	United Arab Emirates
Mouza Alzaabi	Mouza	Alzaabi	Ras Al Khaimah Women's Campus	Staff	United Arab Emirates
Mouza Alzaabi	Mouza	Alzaabi			United Arab Emirates
Mouza Alzaabi	Mouza	Alzaabi			United Arab Emirates
Saleena Rudrakumar	Saleena	Rudrakumar	Dubai Women's Campus	Staff	United Arab Emirates
Shaikha Al-Ali	Shaikha	Al-Ali	Abu Dhabi Women's Campus	Staff	United Arab Emirates
Haitham	Haitham	Alazzam	Ruwais Women's Campus	Faculty	
Vivek Shetty	Vivek	Shetty	Abu Dhabi Women's Campus	Staff	United Arab Emirates
Taif Alyahyae	Taif	Alyahyae	Al Ain Women's Campu s	Student	United Arab Emirates
Narjes Ahmed	Narjes	Ahmed	Dubai Women's Campus	Faculty	United Arab Emirates
shouq almahri	shouq	almahri	Al Ain Women's Campus	Student	United Arab Emirates

Shalini Tandon	Shalini	Tandon	Ruwais Women's Campus	Staff	United Arab Emirates
helen Rivera	helen	Rivera	Ruwais Women's Campus	Faculty	United Arab Emirates
helen Rivera	helen	Rivera			United Arab Emirates
Halima Binhallabi	Halima	Binhallabi	Sharjah Women's Campus	Staff	United Arab Emirates
Omar	Omar	Alardah	Abu Dhabi Women's Campus	Staff	
IBRAHIM	IBRAHIM	ATHUGAM	Dubai Women's Campus	Staff	
Wafa Gabriel	Wafa	Gabriel	Sharjah Women's Campus	Staff	United Arab Emirates
Edith	Edith	Flahive	Abu Dhabi Men's Campus	Faculty	
Hoor Alnaqbi	Hoor	Alnaqbi	Sharjah Men's Campus	Staff	United Arab Emirates
Noora	Noora	Alshehhi	Ras Al Khaimah Women's Campus	Staff	
Amna Alnaqbi	Amna	Alnaqbi	Ras Al Khaimah Women's Campus	Student	United Arab Emirates
Ghada	Ghada	Ali	Dubai Men's Campus	Faculty	
Noor Al Ani	Noor	Al Ani	Dubai Women's Campus	Faculty	United Arab Emirates
Saif obaid Alhefeiti	Saif obaid	Alhefeiti	Fujairah Men's Campus	Student	United Arab Emirates
Saif	Saif	Zakaria	Dubai Men's Campus	Student	
Samira Alhammadi	Samira	Alhammadi	Sharjah Women's Campus	Staff	United Arab Emirates
Fatma AlHosani	Fatma	AlHosani	Dubai Women's Campus	Staff	United Arab Emirates
Sharfa Botamal	Sharfa	Botamal	Fujairah Men's Campus	Staff	United Arab Emirates

Sharfa Botamal	Sharfa	Botamal			United Arab Emirates
Mona Alnteiri	Mona	Alnteiri	Fujairah Women's Campus	Staff	United Arab Emirates
Natalina Lavina Fernandes	Natalina Lavina	Fernandes	Dubai Men's Campus	Staff	United Arab Emirates
Bduor	Bduor	Abdalla	Sharjah Women's Campus	Student	
Vincy Barreto	Vincy	Barreto	Abu Dhabi Men's Campus	Staff	United Arab Emirates
Noura Alnuaimi	Noura	Alnuaimi	Dubai Men's Campus	Staff	United Arab Emirates
Susan Daniel	Susan	Daniel	Fujairah Women's Campus	Staff	United Arab Emirates
Bakheeta	Bakheeta	Al Mansoori	Dubai Men's Campus	Staff	
Aishah	Aishah	Alyammahi	Fujairah Men's Campus	Staff	
Maryam	Maryam	Al Boloushi	Fujairah Women's Campus	Staff	
maitha	maitha	abdulla	Dubai Women's Campus	Student	
Abdulla Shafy	Abdulla	Shafy	Ras Al Khaimah Men's Campus	Staff	United Arab Emirates
Ali	Ali	Alkaabi	Dubai Men's Campus	Student	
Eleni	Eleni	Kamperi	Abu Dhabi Men's Campus	Faculty	
Amod	Amod	Chandra	Dubai Men's Campus	Staff	
mary varghese	mary	varghese	Abu Dhabi Women's Campus	Staff	United Arab Emirates
Rajendran Nallasamy	Rajendran	Nallasamy	Al Ain Men's Campus	Staff	United Arab Emirates
Rawan Abu Jneineh	Rawan	Abu Jneineh	Abu Dhabi Men's Campus	Faculty	United Arab Emirates
Vergel Suaybaguio	Vergel	Suaybaguio	Al Ain Men's Campus	Staff	United Arab Emirates

Shaji	Shaji	Prabhakaran	Abu Dhabi Women's Campus	Staff	
Jovin Cheeran	Jovin	Cheeran	Fujairah Women's Campus	Staff	United Arab Emirates
Yusra alrowahi	Yusra	alrowahi	Abu Dhabi Women's Campus	Staff	United Arab Emirates
Sameya Almarzooqi	Sameya	Almarzooqi	Sharjah Women's Campus	Staff	United Arab Emirates
Joelle Chamoun	Joelle	Chamoun	Sharjah Women's Campus	Faculty	United Arab Emirates
Anand Subramanian	Anand	Subramanian	Abu Dhabi Men's Campus	Staff	United Arab Emirates
Shaikhah Zeyoudi	Shaikhah	Zeyoudi	Fujairah Men's Campus	Staff	United Arab Emirates
Khadija	Khadija	Alhawai	Dubai Men's Campus	Staff	
Anupama Nair	Anupama	Nair	Abu Dhabi Men's Campus	Faculty	United Arab Emirates
Hanna Miranda	Hanna	Miranda	Fujairah Women's Campus	Faculty	United Arab Emirates
Fatema Alhayyas	Fatema	Alhayyas	Ras Al Khaimah Men's Campus	Staff	United Arab Emirates
hamad alshamsi	hamad	alshamsi	Dubai Men's Campus	Student	United Arab Emirates
Kevin Lim	Kevin	Lim	Dubai Women's Campus	Faculty	United Arab Emirates
Denise Anderson-McCoy	Denise	Anderson-McCoy	Al Ain Men's Campus	Faculty	United Arab Emirates
Qasayed Abdulla	Qasayed Abdulla	Alhemeiri	Al Ain Women's Campus	Student	
Maryam	Maryam	Ahmed	Sharjah Women's Campus	Student	
Mona	Mona	Abdulla	Dubai Men's Campus	Staff	

Mariam Almatrooshi	Mariam	Almatrooshi	Sharjah Women's Campus	Student	United Arab Emirates
Sreeshna Meethal	Sreeshna	Meethal	Madinat Zayed Women's	Staff	United Arab Emirates
Badriya	Badriya	Abdulla	Sharjah Women's Campus	Student	
Mohamed Fouda	Mohamed	Fouda	Fujairah Men's Campus	Staff	United Arab Emirates
Mohamed Fouda	Mohamed	Fouda			United Arab Emirates
Predrag Djukic	Predrag	Djukic	Abu Dhabi Women's Campus	Staff	United Arab Emirates
Khalfan Almarashda	Khalfan	Almarashda	Dubai Men's Campus	Staff	United Arab Emirates
Khalfan Almarashda	Khalfan	Almarashda			United Arab Emirates
Mariam Alsaqaf	Mariam	Alsaqaf	Abu Dhabi Men's Campus	Staff	United Arab Emirates
Fatima	Fatima	Alhmoudi	Fujairah Women's Campus	Student	
Akanksha	Akanksha	Upadhyay	Dubai Men's Campus	Staff	
Jamila Al Shehhi	Jamila	Al Shehhi	Ras Al Khaimah Men's Campus	Staff	United Arab Emirates
Jamila Al Shehhi	Jamila	Al Shehhi			United Arab Emirates
Nawal Juma	Nawal	Juma	Dubai Women's Campus	Staff	United Arab Emirates
Nawal Juma	Nawal	Juma			United Arab Emirates
Nawal Juma	Nawal	Juma			United Arab Emirates

Anna Sempek	Anna	Sempek	Abu Dhabi Women's Campus	Faculty	United Arab Emirates
Anna Sempek	Anna	Sempek			United Arab Emirates
Alica Grilec	Alica	Grilec	Fujairah Women's Campus	Faculty	United Arab Emirates
Sawsan	Sawsan	Hamo	Sharjah Women's Campus	Staff	
Reem Bushlaibi	Reem	Bushlaibi	Sharjah Women's Campus	Student	United Arab Emirates
Shuieb Ansari	Shuieb	Ansari	Sharjah Men's Campus	Staff	United Arab Emirates
Sara Alshamsi	Sara	Alshamsi	Al Ain Women's Campus	Student	United Arab Emirates
Alyazya Alzaabi	Alyazya	Alzaabi	Fujairah Women's Campus	Student	United Arab Emirates
Olga Gonzalez	Olga	Gonzalez	Abu Dhabi Women's Campus	Faculty	United Arab Emirates
Mohamed	Mohamed	Alnaqbi	Fujairah Men's Campus	Student	
Pedro Tavares	Pedro	Tavares	Al Ain Men's Campus	Staff	United Arab Emirates
Saif Alnaibari	Saif	Alnaibari	Abu Dhabi Men's Campus	Student	United Arab Emirates
Mansoor	Mansoor	Alnaqbi	Dubai Men's Campus	Staff	
Maryam	Maryam	Alshamsi	Abu Dhabi Women's Campus	Student	
Britto Emmanuvel	Britto	Emmanuvel	Ruwais Women's Campus	Staff	United Arab Emirates
Asra Yasmeen	Asra	Yasmeen	Abu Dhabi Women's Campus	Staff	United Arab Emirates
Dr Aziz Al-Mahadin	Dr Aziz	Al-Mahadin	Dubai Men's Campus	Faculty	United Arab Emirates

Rashad Yasin	Rashad	Yasin	Abu Dhabi Women's Campus	Staff	United Arab Emirates
nicole shammass	nicole	shammass	Dubai Women's Campus	Faculty	United Arab Emirates
Ayesha Alessa	Ayesha	Alessa	Abu Dhabi Women's Campus	Staff	United Arab Emirates
Lucy Rodrigues	Lucy	Rodrigues	Dubai Men's Campus	Staff	United Arab Emirates
Lakshmi Mohamadi	Lakshmi	Mohamadi	Dubai Men's Campus	Staff	United Arab Emirates
Alya Alhebsi	Alya	Alhebsi	Ras Al Khaimah Women's Campus	Faculty	United Arab Emirates
Nadia Messaadi	Nadia	Messaadi	Dubai Women's Campus	Staff	United Arab Emirates
Qumaash	Qumaash	Almnsoori	Ruwais Men's Campus	Student	
Sherlito Daya	Sherlito	Daya	Abu Dhabi Men's Campus	Staff	United Arab Emirates
Dana	Dana	Al Shamsi	Al Ain Women's Campus	Student	
Paul Lancaster	Paul	Lancaster	Abu Dhabi Men's Campus	Staff	United Arab Emirates
Sara	Sara	Alhafidhi	Dubai Women's Campus	Staff	
Layla	Layla	AlQahtani	Abu Dhabi Women's Campus	Student	
Shamma khalifa Alobeidli	Shamma khalifa	Alobeidli	Abu Dhabi Women's Campus	Student	United Arab Emirates
Shaikah Alyammahi	Shaikah	Alyammahi	Fujairah Women's Campus	Staff	United Arab Emirates
Lama	Lama	Musallam	Abu Dhabi Women's Campus	Faculty	
naz saleh	naz	saleh	Sharjah Women's Campus	Student	United Arab Emirates

Sara Almarzooqi	Sara	Almarzooqi	Sharjah Women's Campus	Student	United Arab Emirates
Sara Almarzooqi	Sara	Almarzooqi			United Arab Emirates
Cecille Anne Rasul	Cecille Anne	Rasul	Dubai Men's Campus	Staff	United Arab Emirates
Randa Alzaabi	Randa	Alzaabi	Ras Al Khaimah Women's Campus	Staff	United Arab Emirates
Barry McDonald	Barry	McDonald	Fujairah Women's Campus	Faculty	United Arab Emirates
Jacqueline Nongkynrih Taylor	Jacqueline Nongkynrih	Taylor	Dubai Men's Campus	Staff	United Arab Emirates
Jacqueline Nongkynrih Taylor	Jacqueline Nongkynrih	Taylor			United Arab Emirates
Mohammed Khider	Mohammed	Khider	Al Ain Men's Campus	Staff	United Arab Emirates
Aysha Ali	Aysha	Ali	Sharjah Women's Campus	Student	United Arab Emirates
Altaf	Altaf	Khan	Fujairah Men's Campus	Faculty	
Thomas Jacob	Thomas	Jacob	Al Ain Women's Campus	Staff	United Arab Emirates
Ayesha Almesmari	Ayesha	Almesmari	Fujairah Women's Campus	Staff	United Arab Emirates
Ayesha Almesmari	Ayesha	Almesmari			United Arab Emirates
Ayesha Almesmari	Ayesha	Almesmari			United Arab Emirates
Ayesha Almesmari	Ayesha	Almesmari			United Arab Emirates

Ayesha Almesmari	Ayesha	Almesmari			United Arab Emirates
Ayesha Almesmari	Ayesha	Almesmari			United Arab Emirates
Liz Taylor	Liz	Taylor	Sharjah Women's Campus	Faculty	United Arab Emirates
Mikky	Mikky	Mathew	Abu Dhabi Women's Campus	Staff	
Muna	Muna	Al Suwaidi	Ras Al Khaimah Women's Campus	Staff	
Mariam Alexander	Mariam	Alexander	Abu Dhabi Women's Campus	Staff	United Arab Emirates
shouq alghanhahani	shouq	alghanhahani	Fujairah Women's Campus	Student	United Arab Emirates
Abdul Jalil Abdul Khalil	Abdul Jalil	Abdul Khalil	Ras Al Khaimah Men's Campus	Staff	United Arab Emirates
Omar	Omar	Alfalasi	Dubai Men's Campus	Student	
Najla	Najla	Alnuaimi	Ras Al Khaimah Men's Campus	Staff	
Salama Aldhaheeri	Salama	Aldhaheeri	Al Ain Women's Campuses	Student	United Arab Emirates
Bdour	Bdour	Alhammad	Abu Dhabi Women's Campus	Student	
MOHAMED abdelrahman	MOHAMED	abdelrahman	Abu Dhabi Women's Campus	Staff	United Arab Emirates
Saif Saleh	Saif	Saleh	Sharjah Men's Campus	Student	United Arab Emirates
Abdul Nasar	Abdul Nasar	Mammi	Abu Dhabi Women's Campus	Staff	
Tamara	Tamara	Khalayleh	Abu Dhabi Women's Campus	Staff	
haya	haya	aldeheim	Sharjah Women's Campus	Student	
ebrahem	ebrahem	alshhehi	Ras Al Khaimah Men's Campus	Student	
Amani	Amani	Rashid	Sharjah Women's Campus	Student	

Omar Aljasmi	Omar	Aljasmi	Dubai Men's Campus	Student	United Arab Emirates
Omar Aljasmi	Omar	Aljasmi			United Arab Emirates
Fatima	Fatima	Alhammadi	Abu Dhabi Women's Campus	Student	
Abdullah Matar	Abdullah Matar	Alremeithi	Abu Dhabi Men's Campus	Student	
Tamara Alashel	Tamara	Alashel	Abu Dhabi Women's Campus	Staff	United Arab Emirates
Jabur Alazzam	Jabur	Alazzam	Madinat Zayed Women's	Faculty	United Arab Emirates
Khulood	Khulood	Alsarrah	Dubai Women's Campuses	Student	
Butti	Butti	Tariq	Dubai Men's Campus	Student	
Wadeema	Wadeema	Almansoori	Ruwais Women's Campus	Student	
Aysha	Aysha	Alaryani	Al Ain Women's Campuses	Student	
Alanood	Alanood	Almenhali	Abu Dhabi Women's Campus	Student	
Shaikha Ibrahim	Shaikha	Ibrahim	Sharjah Women's Campus	Student	United Arab Emirates
Hessa AlRaeesi	Hessa	AlRaeesi	Dubai Men's Campus	Student	United Arab Emirates
Fatima Al Hassani	Fatima	Al Hassani	Al Ain Women's Campus	Staff	United Arab Emirates
Reshma John	Reshma	John	Sharjah Women's Campus	Faculty	United Arab Emirates
Ena	Ena	Arora	Abu Dhabi Men's Campus	Staff	
Jaseema Nasar	Jaseema	Nasar	Abu Dhabi Women's Campus	Staff	United Arab Emirates
Amnah Yousuf	Amnah	Yousuf	Fujairah Men's Campus	Staff	United Arab Emirates

Muhammad Affan	Muhammad	Affan	Abu Dhabi Women's Campus	Staff	United Arab Emirates
Hamda Al Hameli	Hamda	Al Hameli	Abu Dhabi Women's Campus	Staff	United Arab Emirates
Amna Noormohammed	Amna	Noormohammed	Sharjah Women's Campus	Student	United Arab Emirates
Bashayer Al Saadi	Bashayer	Al Saadi	Dubai Men's Campus	Staff	United Arab Emirates
ALYA SAADI	ALYA	SAADI	Sharjah Women's Campus	Staff	United Arab Emirates
Mariam	Mariam	Alzaabi	Dubai Men's Campus	Staff	
Abdullah Al Suwaiji	Abdullah	Al Suwaiji	Fujairah Women's Campus	Staff	United Arab Emirates
Fatima Abdulla	Fatima	Abdulla	Ras Al Khaimah Women's Campus	Staff	United Arab Emirates
Noura Almehairbi	Noura	Almehairbi	Abu Dhabi Women's Campus	Student	United Arab Emirates
zafar iqbal	zafar	iqbal	Abu Dhabi Women's Campus	Staff	United Arab Emirates
zafar iqbal	zafar	iqbal			United Arab Emirates
sarah abbas	sarah	abbas	Abu Dhabi Women's Campus	Student	United Arab Emirates
Arun Muraleedharan	Arun	Muraleedharan	Dubai Men's Campus	Staff	United Arab Emirates
Hamda Al-Maazmi	Hamda	Al-Maazmi	Sharjah Women's Campus	Staff	United Arab Emirates
Farkad	Farkad	Mahli	Sharjah Women's Campus	Staff	
Hazem Kraizim	Hazem	Kraizim	Al Ain Men's Campus	Staff	United Arab Emirates

Abdulsathar Puliymkod ath	Abdulsat har	Puliymkod ath	Sharjah Women's Campus	Staff	United Arab Emirates
Hiyam Shammari	Hiyam	Shammari	Dubai Men's Campus	Faculty	United Arab Emirates
Hiyam Shammari	Hiyam	Shammari			United Arab Emirates
Hiyam Shammari	Hiyam	Shammari			United Arab Emirates
Hiyam Shammari	Hiyam	Shammari			United Arab Emirates
Abdulla Almazrouei	Abdulla	Almazrouei	Dubai Men's Campus	Student	United Arab Emirates
Abdallah khalid Ali khalid h00455651	Abdallah	khalid Ali khalid h00455651	Dubai Men's Campus	Student	United Arab Emirates
Omar Al Awadhi	Omar	Al Awadhi	Dubai Men's Campus	Student	United Arab Emirates
Saif Al Ali	Saif	Al Ali	Abu Dhabi Men's Campus	Student	United Arab Emirates
Rashed Binjarsh	Rashed	Binjarsh	Dubai Men's Campus	Staff	United Arab Emirates
Fatima Majed Almatrooshi	Fatima	Majed Almatrooshi	Sharjah Women's Campus	Student	United Arab Emirates
Rashed Binjarsh	Rashed	Binjarsh	Dubai Men's Campus	Student	United Arab Emirates
Marilyn Gilyana	Marilyn	Gilyana	Fujairah Women's Campus	Staff	United Arab Emirates
Maitha Alnuaimi	Maitha	Alnuaimi	Sharjah Women's Campus	Student	United Arab Emirates
Ajith Sumangala	Ajith	Sumangala	Ruwais Women's Campus	Staff	United Arab Emirates

Jawaher Alsaadi	Jawaher	Alsaadi	Sharjah Women's Campus	Student	United Arab Emirates
NOORA ALSHAMSI	NOORA	ALSHAMSI	Sharjah Women's Campus	Student	United Arab Emirates
Angela Martin	Angela	Martin	Ras Al Khaimah Women's Campus	Faculty	United Arab Emirates
Samar Alkhlaifi	Samar	Alkhlaifi	Dubai Men's Campus	Staff	United Arab Emirates
mahra alktbi	mahra	alktbi	Sharjah Women's Campus	Student	United Arab Emirates
mahra alktbi	mahra	alktbi			United Arab Emirates
mahra alktbi	mahra	alktbi			United Arab Emirates
Ahood Yaqoob	Ahood	Yaqoob	Sharjah Women's Campus	Student	United Arab Emirates
Shama Almazrouei	Shama	Almazrouei	Madinat Zayed Women's	Student	United Arab Emirates
JAIKUMAR SANKARA	JAIKUMA R	SANKARA	Dubai Men's Campus	Staff	United Arab Emirates
Ines Masmoudi	Ines	Masmoudi	Sharjah Men's Campus	Faculty	United Arab Emirates
Ines Masmoudi	Ines	Masmoudi			United Arab Emirates
Ian Delahunt	Ian	Delahunt	Sharjah Women's Campus	Faculty	United Arab Emirates
Aaesha Mohammed	Aaesha	Mohammed	Ras Al Khaimah Women's Campus	Student	United Arab Emirates
Easa Almzrouei	Easa	Almzrouei	Ras Al Khaimah Men's C ampus	Student	United Arab Emirates

seema karkain	seema	karkain	Sharjah Women's Campus	Faculty	United Arab Emirates
Maitha Mohammed Al Faresi	Maitha Moham med	Al Faresi	Ras Al Khaimah Women's Campus	Student	United Arab Emirates
Sara Alhosani	Sara	Alhosani	Fujairah Men's Campus	Staff	United Arab Emirates
Dr. Haitham Yaish	Dr. Haitham	Yaish	Fujairah Women's Campus	Faculty	United Arab Emirates
Maryam Aljasmi	Maryam	Aljasmi	Ras Al Khaimah Women's Campus	Student	United Arab Emirates
Yousuf Themeem	Yousuf	Themeem	Dubai Men's Campus	Staff	United Arab Emirates
Abdulla Al Shamsi	Abdulla	Al Shamsi	Dubai Men's Campus	Student	United Arab Emirates
Samah Clark	Samah	Clark	Abu Dhabi Women's Campus	Staff	United Arab Emirates
Buthaina A	Buthaina	A	Sharjah Women's Camp us	Student	United Arab Emirates
Waad Alshehhi	Waad	Alshehhi	Ras Al Khaimah Women's Campus	Student	United Arab Emirates
OLA FEIDI	OLA	FEIDI	Sharjah Women's Campus	Staff	United Arab Emirates
Nouf Almatroushi	Nouf	Almatroushi	Fujairah Women's Campus	Student	United Arab Emirates
Farah Al Herbawi	Farah	Al Herbawi	Sharjah Women's Campus	Student	United Arab Emirates
Shaymaa AlKubaisy	Shaymaa	AlKubaisy	Dubai Men's Campus	Staff	United Arab Emirates
firose ullattil	firose	ullattil	Abu Dhabi Men's Campus	Staff	United Arab Emirates

Amy Joy Castro	Amy Joy	Castro	Dubai Men's Campus	Staff	United Arab Emirates
Abdulla Ghanem	Abdulla	Ghanem	Sharjah Men's Campus	Student	United Arab Emirates
Hamdan Alsuwaidi	Hamdan	Alsuwaidi	Dubai Men's Campus	Student	United Arab Emirates
Mariam Alblooshi	Mariam	Alblooshi	Al Ain Men's Campus	Staff	United Arab Emirates
Shouq Alnaqbi	Shouq	Alnaqbi	Ras Al Khaimah Women's Campus	Student	United Arab Emirates
Mohamed Salim Alkhanbashi	Mohamed Salim	Alkhanbashi	Al Ain Men's Campus	Staff	United Arab Emirates
Alina Radut	Alina	Radut	Dubai Women's Campus	Staff	United Arab Emirates
Hanadi Alsaadi	Hanadi	Alsaadi	Sharjah Women's Campus	Student	United Arab Emirates
Abdulla Yousuf Hassan Ali Hassan	Abdulla Yousuf Hassan	Ali Hassan	Dubai Men's Campus	Student	United Arab Emirates
Jaikishan Pillai	Jaikishan	Pillai	Ruwais Women's Campus	Staff	United Arab Emirates
Madhumathi Murugan	Madhumathi	Murugan	Dubai Men's Campus	Staff	United Arab Emirates
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wafaa alamri	wafaa	alamri	Ras Al Khaimah Women's Campus	Student	United Arab Emirates
Alya Alblooshi	Alya	Alblooshi	Sharjah Women's Campus	Student	United Arab Emirates
Safaa Alhadhrami	Safaa	Alhadhrami	Al Ain Women's Campus	Staff	United Arab Emirates
Virginia Garcia	Virginia	Garcia	Al Ain Men's Campus	Faculty	United Arab Emirates
Ali Abdulla	Ali	Abdulla	Dubai Men's Campus	Student	United Arab Emirates
Halima Eissa	Halima	Eissa	Sharjah Women's Campus	Student	United Arab Emirates
saif almehairi	saif	almehairi	Dubai Men's Campus	Student	United Arab Emirates
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Nahla Al-Ali	Nahla	Al-Ali	Ras Al Khaimah Men's Campus	Staff	United Arab Emirates
Saeed AlMarri	Saeed	AlMarri	Dubai Men's Campus	Student	United Arab Emirates
Meera Aamer	Meera	Aamer	Ras Al Khaimah Women's Campus	Student	United Arab Emirates
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Ghanim Alsuwaidi	Ghanim	Alsuwaidi			United Arab Emirates
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binoy Philip	binoy	Philip	Fujairah Men's Campus	Staff	United Arab Emirates
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Hajer Alhouti	Hajer	Alhouti	Fujairah Women's Campus	Student	United Arab Emirates
Shaikah	Shaikah	Alshehhi	Fujairah Women's Cam pus	Student	
Alya Alshehhi	Alya	Alshehhi	Ras Al Khaimah Women' s Campus	Student	United Arab Emirates
Reshma Rebello	Reshma	Rebello	Dubai Men's Campus	Staff	United Arab Emirates
Sabeena	Sabeena	K M	Abu Dhabi Women's Campus	Staff	
Abdulla Khalfan	Abdulla	Khalfan	Dubai Men's Campus	Student	United Arab Emirates
rubaya salem	rubaya	salem	Dubai Men's Campus	Student	United Arab Emirates
Muna Almaazmi	Muna	Almaazmi	Sharjah Women's Camp us	Student	United Arab Emirates
ABDUL RAHMAN ZAWARKHAN	ABDUL RAHMAN	ZAWARKHAN	Abu Dhabi Women's Campus	Staff	United Arab Emirates



Resilience and Wellbeing



Dr. Sarah Almarzooqi,

DClinPsy, Clinical Psychologist, Mental Health Centre-Of-Excellence,
Al Jalila Children's Specialty Hospital, Dubai, UAE

 **Tuesday, 23 November 2021**

 **Time: 12pm - 1 pm**

**One Volunteering hour
for students and One
PD Hour for staff.**



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fatima	almansoori			Japan
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