

Training workshop entitled:

Mental health promotion and its impact on academic achievement

The Guidance and Counseling Unit at the College of Applied Medical Sciences in Wadi Al-Dawasir under the supervision of Dr. Mervat Al-Kashef, in cooperation with the Guidance and Counseling Unit at the Deanship of Student Affairs, activated the World Mental Health Day , Through holding a seminar entitled Promoting Mental Health and its Impact on Academic Achievement, the course was presented by Dr. Nadia Mohamed Saleh, Associate Professor at the College, Female Section,

The course was directed to female students and faculty members and employees, and the course aimed to raise awareness of the importance of mental health by defining the correct concept of mental health and the risks that threaten mental health.

In addition to warning indications and early symptoms of a mental health disorder. The most important psychological problems of students and their impact on academic achievement were presented , This is in addition to how to maintain mental health in its proper framework. The course received a lot of approval and interaction from the participants, and we ask Allah for success and welfare for the students

