



Year of Reading

# رسالة الجامعة

Newsletter issued by  
the Media and Communications Department  
Issue 32, October 2016

Your readership is appreciated



During the UAEU Council ..

Dr. Ali Rashid Al Noaimi : The development process in the country is based on the knowledge within a happy environment..

His Excellency Dr. Ali Rashid Al Noaimi, Chancellor of the United Arab Emirates University, chaired the first meeting of the UAEU Council for academic year 2016/2017 in the Crescent Building on campus in Al Ain. Dr. Al Noaimi praised the efforts of the university's faculty and staff in achieving the university's strategic plan. He also praised the academic achievements of faculty during the past academic year. He highlighted the support of the national leadership in seeking to produce a well-educated and informed generation of graduates capable of contributing to the knowledge-based development of the country while maintaining an innovative and happy environment.

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## The Vice Chancellor.. Launches hashtag #UAEU\_Happy\_With\_Reading..

His Excellency Prof. Mohamed Albaili, Vice Chancellor of the United Arab Emirates University, launched hashtag #UAEU\_Happy\_With\_Reading. This is one of the most important initiatives launched by UAEU during this Year of Reading.

Prof. Mohamed Albaili confirmed that this initiative will encourage the University's community to engage further in reading, through the use of the above hashtag. He stressed that the Year of Reading is a year for all, calling students, in particular, to share the books they read with their peers. This is part of a wider, national project by the government to make reading a permanent activity in UAE society for generations to come.

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## Editorial

As UAEU adopts happiness initiatives across the board, a team has been formed to help make UAEU a happy work environment. In this special issue we identify happiness as: talent, achievement and a dream that you can translate into action that we can all be proud of.

The Media and Communications Department reminds you of the meaning of happiness in this issue. Make happiness your goal because you deserve it.

**Ghalia Al Ahabbi**  
Director of Media  
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To promote the leadership's vision of institutional happiness in the State ..

UAE University organizes a workshop to review the initiatives and proposals of the happiness team ..

UAE University organized a workshop to review the list of initiatives and proposals addressed by the happiness working team at the University, in the presence of Dr. Ahmed Aldhelaia, CEO of happiness and positivity in the University, Dr. Rashed Al Zahmi, Deputy Director of the happiness and positivity committee, and happiness ambassadors of department heads at the University, in the business center at the Crescent building.

The workshop aims to review all initiatives and proposals from happiness team at the University, which reached 42 initiatives to achieve happiness in the work environment, as a first phase aimed at pleasing the staff and faculty at the University, to draw a road map to make UAE University one of the happiest work environments in the UAE, in line with the directives of the wise leadership in fostering values of happiness and positivity in all walks of life, and to implement the outcomes of the national strategy for happiness in the State.



[To read more...](#)

## Initiatives and suggestions tackled by the Happiness Team of the UAE University

### Happiness Exercise Initiative

Holding lectures and training courses on the topics of happiness and positivity for the University staff, deviating from the traditional style confined to lectures and workshops, and implementing training, courses, and campaigns.

### Lazat Ishada Initiative

Adding Lahzat Ishada item to the agenda of all committees at the University and in all their meetings, so that any meeting should include paying tribute to the contribution made by a member of the committee or one of the staff.

### Afeyatok Initiative

Caring about the physical safety and health of University staff by providing vaccination services and medical examinations to measure and follow up on the employee's fitness and physical health.

### Kashta Initiative

Encouraging employees to meet outside working hours, and providing diverse activities and outstanding excursions to strengthen relations, and creating an entertainment item for each sector to be used once a year for entertainment purposes.

### World Café Initiative

Holding meetings and brainstorming sessions in World Café style, which aims to meet around tables where some drinks and light appetizers are served, and opening dual, triple, or quadruple dialogue on the topics to be discussed, then meeting after half an hour or 45 minutes at an ordinary meeting table to discuss the most prominent points raised in the side dialogues, and come up with a summary.

## Personality of “Happiness Issue”

Prof. Mohamed Albaili, Vice-  
Chancellor of the United Arab  
Emirates University  
UAEU, happy with its achievements

Q1: In light of the current government directions for happiness, how can an employee at UAEU be happy?

UAEU always leads to implement the wise leadership's directives, and the University is working diligently to make happiness and positivity a lifestyle, an institutional commitment and a genuine spirit that runs in the University community, which raises the level of the employees' happiness indicator. Measures of happiness, of course, vary from an employee to another. A working team for happiness and positivity has been formed in the University to engage employees in proposing initiatives that will contribute to raising the happiness index and discuss the challenges that employees face in their career, in order to provide a better work environment for them.

Q2: What things distinguish a University employee from staff in other departments to be happy?

An employee in UAEU feels an authentic and deep affiliation to the enterprise, and develops himself and his capabilities through the continuous education process, through the process of stimulation by the University towards achieving his career ambitions and desires, translating his ideas into creative work that help him develop himself first and the work system development second. This is achieved because the work environment in the University is a special environment where staff members are integrated with the students and faculty to form a harmonious family, and an ergonomic work environment at the University which motivates employees to offer the most positive energies to spread a culture of job satisfaction and happiness.

Q3: Are there any future plans regarding the «happiness of the staff»?

UAEU has always strived to provide a sound academic work environment resulting in the formation of a homogenous family community, by providing all the resources that make the employee feel that he belongs to the institution. For instance, we worked to provide and update the health and fitness facilities and a stimulating work



environment that enable the employee to perform his work seamlessly and contribute to the spread of innovation and creativity. The University has a flexible work environment and enjoys its privacy. Its renewable initiatives help to develop the abilities of the employees and provide opportunities for all to develop career and administrative leadership positions at the University, and as I mentioned earlier, the University formed a special happiness and positivity working group which works on implementing initiatives and organizing events that achieve happiness for the University community. As well as the development of new plans and strategies related to happiness, in line with our wise leadership's directives, two important initiatives have been launched, these being the happiness initiative and the Year of Reading initiative.

Q4: You have allocated weekly office hours to meet with students. In your opinion, is this a first step toward student happiness by listening to his problems and desires?

The student is the focus of the educational process, and building students and refining his character and providing the science and knowledge is the prime objective of the strategic objectives adopted by UAEU. The University is also working to prepare students to be graduates and scholars and leading employees distinct in their respective fields to contribute to the reconstruction and development process in the State, allocating weekly office hours to meet with students is one of the steps by which we seek to create positive dialog with them, listening to their initiatives and proposals, and strengthen communication with them. As pivotal components of the University and the community, they represent the future leaders, and we believe that these meetings will necessarily advance the educational process.

Q5: Under the current Government directions for happiness, where can students find happiness in UAEU?

The concept of happiness varies from person to person, and we in the national mother university see the minds of students as the basic element and the primary indicator of happiness. The University is working on supplying the community with distinctive competencies which will reflect well on the State and society, and students are the main engine of this educational process. Through our students, the UAEU has achieved a prominent place among world universities, with their accomplishments and their creativity and innovations in many fields of science and research. Thus, our main role is to prepare students, to provide suitable learning environments for them and establish motivational privileges for them at all levels of scientific and research work as well as extracurricular activities, which are necessarily reflected in student satisfaction and happiness and what drives them to continuous renewed giving.

Q6: What distinguishes the UAEU student to be described as «happy»?

What distinguishes UAEU students is their perseverance and their eagerness for continuous learning. We have found them to be young men loyal to their country and keen to become pioneers in their field. UAEU students are distinguished with a passion for creativity, innovation and research which always drives us to motivate them and honor them to continue their progress and success. A student at United Arab Emirates University is a «happy student» and I say that UAEU is happy with the achievements of its students.

# A Decision to be Happy

## Dr. Khalifa Ali Al Suwaidi

In a world filled with frustration as our dreams are often shattered, mental disorders have increased and turned into depression and hysteria: indicating a lack of happiness. If you ask people around you about their happiness, you will find that they hardly any such moments. Forgive the downbeat introduction, but this is reality and we have to be candid in order to treat it. Happiness has many definitions. Modern psychology refers to Happiology, where experts construct measures of happiness. Are you happy? You can lie to others, but you cannot fool yourself. There are people who wallow in unhappiness and love playing the victim: you are not one of them.

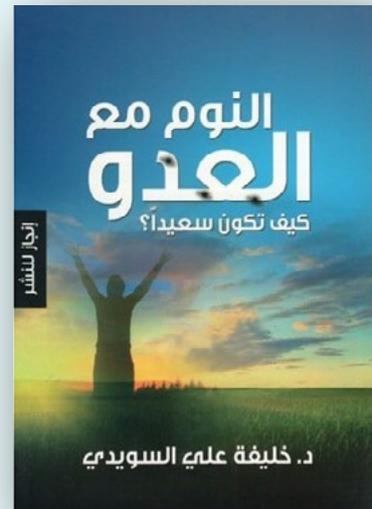
To enjoy life in this miserable world, you have to meet two conditions. First, you want happiness that reaches the depths of your soul and then you want to move towards happiness using practical steps. You can find these in my book: *Sleeping with the Enemy*. **Happiness is a choice and you can choose it.**



**“Sleeping with the enemy.  
How to be happy?”**

This book shows the steps unhappy people can take. It is not scientific but more a book of practical real-life experiences.

Are you ready for happiness?  
If you are, then read this book.



# #happiness\_selfie



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I am happy because ..



**UAEU**

جامعة الإمارات العربية المتحدة  
United Arab Emirates University



# Posts in #UAEU\_Happy\_With\_Reading



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# Year of Reading Events



Reading Festival



H.E Minister of Education Meets UAEU students



Launches a campus science library



Read a story in 30 Minutes and keep it



Book Presentation by the student Ryan Al Abdooli



Reading with Children



Read the Picture - What Did It Say to You



Reading Walkway