

Event name	Isra University Second Workshop
WP Number	WP3: Capacity Building and Training Workshops
WP Leader	UNIOS
Event date	06.07.2021
Number of Participants	English
Total number of pages	3

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1. Event Description

Lead University: Universidade Católica Portuguesa UCP

Co-Lead University: Hashemite University & University of Sfax

Date : 06.07.2021

In the heart of knowledge and innovation, Isra University orchestrated its second captivating workshop in July. This transformative event illuminated the intersection of creativity, well-being, and mental health, reaffirming the institution's commitment to holistic growth and education.

The workshop's inaugural session set the tone with an insightful exploration of the "Health and Psychological Benefits of Choral Singing," delivered by the esteemed Dr. Antoaneta Radocaj from Strossmayer University of Osijek. As participants tuned in, the captivating discourse unfurled the healing potential of harmonious voices united in song, shedding light on the profound impact of choral singing on individual well-being.

A symphony of knowledge unfolded as subsequent lectures enriched the minds and hearts of attendees:

"Classroom Music to Strengthen Social Skills Through Music" - Delivered by Prof. Dirk Hubinger, Founder of the German Arab Musical Institution, Germany. Through this session, participants gained insights into the transformative role of music as a vehicle for nurturing social skills, fostering camaraderie, and transcending cultural divides.

"The Effect of Singing in Mental Health" - Presented by Dr. Heba Khawas from Lebanon. This session delved into the intricate connection between singing and mental well-being, highlighting how the act of vocal expression can be a powerful conduit for emotional release and healing.

"The Power of Drawing on Improving Our Mental Health" - Facilitated by Dr. Rasmeyeh Al Emar from Isra University. Participants explored the therapeutic realm of visual expression, discovering how art, particularly drawing, can serve as a medium for self-discovery, emotional catharsis, and mental wellness.

"The Effectiveness of Musical Activities on Reducing Stress among Battered Women in the Women's Shelter and the Social, Psychological, and Legal Guidelines in the Arab Women's Union" - Brought to light by Mrs. Lara Elayan from Jordan University. This illuminating discourse underscored the potent role of musical activities in mitigating stress, particularly within vulnerable populations, while also addressing the broader social, psychological, and legal contexts.

Isra University's workshop series emerged as a tapestry of wisdom, woven together by experts who illuminated the diverse ways in which the arts intersect with mental health and well-being. The event transcended the realm of traditional education, leaving attendees with an enriched understanding of how creativity and expression can bridge gaps, heal wounds, and elevate the human spirit. As participants departed, the echoes of knowledge continued to resonate, planting seeds of growth and transformation that will undoubtedly flourish in the days to come.

Press releases: Facebook Post Links, Newsletter

<https://www.facebook.com/HEALINGbyarts/posts/339175317718378>

<https://www.facebook.com/HEALINGbyarts/posts/339175317718378>

<https://sway.office.com/2UEJC8z5b87U01ar?ref=Link>

2. Photos

HEALING - Developing a Multidisciplinary Diploma on Art Therapy in Health Education

**Under the Patronage of Prof. Ahmad Nuseirat Isra University President
Isra University inviting you to attend the second Healing Project workshop
On 6/7/2021 Via zoom at 18:00 pm**

Schedule of the Second Workshop

Num	Sessions	Time
1	Open remarks general information about the project Dr Ghaida Aburumman	18:00-18:10
2	Prof. Dr Ahmad Al Salaymeh speech Healing Erasmus Plus Project General Coordinator	18:10-18:20
3	"Health and Psychological benefits of Choral Singing" by Dr. Antoaneta Radocaj, Strossmayer University of Osijek	18:20-18:35
4	"Classroom music to strengthen social skills through music", by Prof Dirk Hubinger Founder of German Arab musical institution, Germany	18:35-18:50
5	Open Discussion followed by 5 minutes break	18:50-19:05
6	"The effect of Singing in mental health", By Dr Heba Khawas, Lebanon	19:05-19:20
7	"The Power of drawing on improving our mental health", by Dr Rasmeyeh Al Emar Isra University	19:20-19:35
8	"The effectiveness of musical activities on reducing stress among battered women in the women's shelter and the social, psychological and legal guideline in the Arab Women's Union", by Mrs. Lara Elayan, Jordan University	19:35-19:50
9	Open Discussion & closing remarks	19:50-20:00



