



The Human Resources Department

The Human Resources Department invited the Faculty and Staff at the University to attend a two-part lecture entitled "Breathing Exercises to Relieve Negative Feelings" offered by the trainer Ms. Inji Sabbagh. The trainer talked about the current period of extreme psychological pressures, and the importance of proper breathing in releasing those pressures, enhancing lung function, expelling negative feelings and ideas, and relaxing. She also defined different types of breathing, stressing conscious breathing, which is a deliberate, regular type of breathing.

In the second part, the trainer gave the audience practical exercises of conscious breathing, after which she opened the floor for questions.

The Human Resources Department offered another online lecture of two parts for Faculty and Staff at the University, on Sunday and Monday April 6 & 5 entitled "Communicating with One's Self and Meditation" offered by the specialist trainer, expert in family relationships and self-development, Ms. Inji Sabbagh.



In the first part of the lecture, the trainer described how %90 of human beings focus on the external aspect of their selves, based on what people think and say about them. She stressed that the more the individual focuses on the outer self, the less she/he will be able to focus on the inner self. She said that the current circumstances, we should resort to positive meditation. and that with every ordeal, there comes an endowment that could be a beginning of a new world. Then she talked about the mechanism of finding a balance among the soul, the mind, and the body, and the benefits of positive communication with the self. She encouraged the audience to learn about the reasons keep them away from themselves and that they should not lose awareness of external pollutants and rumors.

She advised everyone to train themselves to live and enjoy the moment because this is what will bring them closer to living with reality.

The second part of the lecture was a practical exercise of meditation after which the trainer opened the floor for questions.