

Bedar Awareness Event

World Mental Health Day 2024

Date	Location	Time
Friday, October 11, 2024	Al Khor Sport Club	3:00 to 7:00 pm

Time	Session	Activities	Contents
3:00 to 3:15	Welcoming participants	Arrival of attendees and welcome speech	Awareness Screen Presentations

3:00 to 7:00 Free medical checkup during the event

3:15 to 3:30	First session	1. Mental Health in Daily Life	Eunoea Wellness Centre
3:30 to 3:45		2. Health Tips for Workers	Aster Medical Center
3:45 to 4:00		3. Drugs and Mental Health	Drugs Enforcement Directorate – MOI
4:00 to 4:20		4. Mental health Exercises	Eunoea Wellness Centre

4:20 to 4:35 Tea break

4:35 to 5:00	Second session	1. Mental Health and Road Users	Traffic Department - Moi
5:00 to 5:30		2. Competitions: Questions & Answers	Ambassadors / Officers

5:30 to 5:50 Prayer Break & Free medical check up

5:50 to 6:00	Official Speech	Ras Laffan & Bedar Partners	Official Photo with Awareness Ambassadors
6:00 to 6:30	Entertainment	1. Entertainment: Workers' Talents	Bedar Ambassadors

One of the activities of the “Bedar” initiative for community outreach with workers, It aims to involve workers in local and international occasions, In order to enhance awareness of security, safety, health and Qatari culture guidelines among company workers in the northern regions.

www.bedarinitiative.org