



May 18, 2014

Health Awareness Day at Al Ain University of Science and Technology

In an invitation to adopting a healthy lifestyle, the Deanship of Student Affairs at Al Ain University of Science and Technology, in collaboration with Ms. Seham Kora, Science and Life instructor, organized a healthcare open day. The event aimed at putting the modules of the Science and Life course into practice, correct some misconceptions about food and nutrition, and highlight factors that lead to a healthy lifestyle as well as raise awareness about the Coronavirus (MERS-CoV).

The open day included an awareness seminar on the Middle East respiratory syndrome coronavirus (MERS-CoV), causes, transmission, and prevention. Students also presented on common health awareness topics such as the top ten healthy habits. The seminar also raised

awareness on violations committed by beauty salons which may be the lying causing of numerous infections. Lupus was yet another topic discussed in the seminar including ways of adapting to it.

On a different note, recycling and reusing were other topics that were presented during the seminar including proper disposal of waste to enable sorting and recycling.

At the end of the event, students conducted blood sugar and blood pressure checks for the audience in addition to explaining healthy nutritional habits.

[Press Release Link](#)