



Jan 27, 2016

Health Day and Competition of weight loss -Abu Dhabi Campus-

In the keenness of Al Ain University of Science and Technology on the health awareness among students and staff, the Deanship of Student Affairs in collaboration with the Dr. Nutrition Center , organized Health Day and Competition of weight loss in Al Ain University of Science and Technology -Abu Dhabi Campus-, It was attended by Dr. Iyad Abdul Majeed, Deputy Dean of Student Affairs at Abu Dhabi campus, and a number of faculty members and students of the university.

Dr. Abdel Basset Al-Shuaibi, General Doctor in the Dr. Nutrition Center, started with an explanation about the steps that must be taken from food and life terms for weight loss, healthy meals to be addressed, as well as ways to get a healthy life by relieving eat junk food, and doing exercises as much as possible.

The students and faculty did a free examination, also there was a competition of weight loss,

the results and the declaration of the winner will appear after two months of the competition, in addition to the distribution of health manuals and gifts were distributed to the students, teachers and staff.

For his part, the Deputy Dean of Student Affairs at the university, stressed on the importance of building up a culture of health awareness among all students, faculty and staff at the university, and the importance of attention to food and health aspect of the student, which helps them to build their rationality and physical abilities.

[Press Release Link](#)