



Sep 23, 2020

A Virtual lecture on immunity boosting delivered by AAU and Mediclinic

As part of the virtual event organized by Al Ain University in Abu Dhabi and Al Ain campuses, the Deanship of Student Affairs at the Abu Dhabi campus organized a virtual lecture entitled Boosting Your Immune System presented by Mrs. Dina Jamal, Clinical Dietitian at Mediclinic Hospital, via the Zoom app.

She provided a detailed explanation of the human immune system, how it works and how the healthy nutrition is enhancing the immunity system.

Mrs. Dina also talked about a group of nutrients and minerals that contribute in enhancing immunity, and situations that may need vitamin supplements.

This lecture aimed to raise the level of health awareness among the participants and introduce them to the most important health practices that contribute to raising immunity, especially during this time because of the shrewdness of the Covid-19 epidemic.

Dr. Hani Al-Jarrah, Deputy Dean of Student Affairs, thanked Mediclinic Hospital for their efforts and kind cooperation in accomplishing this virtual lecture.

[Press Release Link](#)