

الأمراض الناتجة عن قلة الحركة



قلة الاستخدام تؤدي الى فقدان الوظيفة " us it or lose it "

قاعدة فسيولوجية



Jan 20, 2022

A virtual lecture on the link between inner peace and physical health

In collaboration with the College of Education, Humanities and Social Sciences, and Abu Dhabi Sports Council, the Deanship of Student Affairs, Abu Dhabi Campus, organized a virtual lecture entitled; Inner Peace, Physical and Mental Health, presented by Dr. Osama Allala, Sports Awareness Specialist, and moderated by Dr. Majed Al Saleh, Associate Professor from the College of Education.

The lecture dealt with various topics, including the causes of aging, the secrets of inner peace, and how to balance them with mental and physical health, and the link between biological clock and physical activity.

Dr. Allala talked about psychological stress and tension, which is one of the most important causes of premature aging and cancer, as it increases the rate of oxidation in the body. Studies also indicate that loneliness, lack of attention, love and negative thinking forces the mind to send signals via the sympathetic alarm system to fat cells, which leads to slowing down the metabolism and lowering the efficiency of the body to burn fat, which makes the body more resistant to insulin and thus gain weight.

He also stressed on the importance of training the mind to relax, as research studies indicate

that enjoying life and staying away from hatred and malice contribute positively to promoting health and preventing chronic diseases.

[Press Release Link](#)