



جامعة الأمير سطاتم بن عبدالعزيز
PRINCE SATTAM BIN ABDULAZIZ UNIVERSITY
كلية العلوم الطبية التطبيقية بواحي الدواسر

Training workshop entitled:

Gulf Adolescent and Youth Health Day

The Student Work Unit (represented by the Division of Cultural and Social Activities and Volunteer Programs) and the Community Service Unit at the College of Applied Medical Sciences in Wadi Al-Dawasir - Prince Sattam bin Abdulaziz University organized the "Gulf Day for Adolescent and Youth Health" event.

On Sunday, 23/3/1445 AH in Hall (B2-12) at the College. The event aimed to shed light on the health needs of adolescents and youth aged between 10-24 years and provide the necessary health awareness.

An awareness lecture was presented on the health problems facing adolescents and youth, presented by Dr. Sahar Ali Abdul Mohsen (Associate Professor in the Department of Nursing) and the most important thing she addressed: the definition of obesity, its prevalence rates, complications and ways to prevent it.

An awareness lecture on Internet addiction and social media was also presented by Dr. Hanan Abdel Razek (Associate Professor in the Department of Nursing), and the most important thing she addressed: the definition of Internet addiction and its causes, awareness of the harms and danger of Internet addiction and how to learn alternative methods that help reduce Internet use.

Ms. Rajsa participated in the preparation of the event with the students, and the event was well received by the students as well as benefiting from it



Kingdom of Saudi Arabia
Ministry of Education
Prince Sattam bin Abdulaziz University



المملكة العربية السعودية
وزارة التعليم
جامعة الأمير سطاتم بن عبدالعزيز

المشكلات الصحية التي تواجه اليافعين والشباب



المحاضر
د. سحر على عبدالمحسن

