

Health Sciences students at Jazan University recently organized a two-day event focused on creating better health and wellbeing for individuals. Another highlight of the second day was a health fair featuring booths from various healthcare organizations and companies promoting health and wellness products and services. The first day of the event kicked off with a series of informative presentations by health professionals and experts in various fields such as nutrition, psychology, and fitness. In addition to the presentations, there were interactive workshops and demonstrations on mindfulness, yoga, and healthy cooking.