



3 GOOD HEALTH
AND WELL-BEING



3.3.2

**Health Outreach Programs and
Projects to Promote Well-being**

Year 2023



CONTENTS

A. Initiatives by Ajman University to Promote Good Health and Well-Being in AY 2023.....	3
1. Mobile Dental Clinic: Promoting Health Outreach in Local Communities.....	3
2. Ajman University Dental Hospital: Ensuring Access to Free Dental Care for the Broader Community.....	4
3. Pediatric Dentistry Clinic: Promoting Early Oral Health and Well-being	5
4. Flu Vaccination Campaign: Promoting Public Health and Safety.....	6
5. Pink October: Raising Awareness on Breast Cancer for Better Health.....	6
6. First Aid Awareness Session-CPR Techniques: Community Health and Safety Initiative	7
7. World Mental Health Day: Promoting Mental Health and Well-Being.....	7
8. World Diabetes Day: Promoting Healthy Lifestyles and Disease Prevention	8
B. Ad-hoc Events to Promote Good Health and Well-being.....	9
1. Student Life Forum: Enhancing Health Education and Co-Curricular Activities	9
2. Sports Day and Health Competitions: Promoting Physical Fitness and Well-being	10

3.3.2 Health Outreach Programs and Projects to Promote Well-being

Throughout 2023, Ajman University, in collaboration with health institutions, continued to deliver health outreach programs, aimed at promoting good health and well-being. These initiatives, which include student volunteering, focus on key areas such as hygiene, nutrition, mental health, sports, and health and safety. The Mobile Dental Clinic provides free dental care to disadvantaged populations, including the elderly, migrant workers, and those displaced from war-torn countries, serving over 2,500 people annually. AU hosted several health campaigns, including flu vaccination drives, breast cancer awareness, while its Pediatric Dentistry Clinic offered free dental care. The community events such as sports tournaments and first-aid training were organized to further promote health and safety. AU collaborated with local, national, and global health institutions to ensure access to inclusive, quality healthcare and promoting good health and well-being for the general public.

A. Initiatives by Ajman University to Promote Good Health and Well-Being in AY 2023

1. Mobile Dental Clinic: Promoting Health Outreach in Local Communities

In 2023, Ajman University (AU) expanded its community outreach efforts by launching a new mobile clinic, initially introduced in 2018, to deliver dental care directly to underserved populations particularly the elderly and those unable to travel due to injury, illness, disabilities and/or mobility issues. The clinic also visited immigrant workers to provide complimentary check-ups and treatments onsite. The sleek dental clinic features wheelchair accessibility and is equipped with the latest tools for state-of-the-art patient care. Two fully-equipped units onboard meet international regulations and can accommodate up to 40 patients daily. The mobile dental clinic is a natural extension of the University's overarching commitment to community service.



The AU mobile dental clinic, in collaboration with the Office of Community Services, has been an essential oral health resource for the community. It brings crucial free dental services to the community, especially those frail individuals, people of determination, and schoolchildren. Within a

year of its launch, the AU mobile dental clinic visited 21 cities, treating over 1,000 patients in various locations, while also providing valuable career opportunities for students and serving the community. The clinic continues to provide quality dental care from specialists to an average of 2,500 citizens and residents annually throughout the UAE.

Please refer to the links below:

➤ **AU Mobile Dental Clinic**

<https://community.ajman.ac.ae/au-mobile-dental-clinic>

➤ **21 AU Mobile Dental Clinic: Advancing Health and Well-Being Across 21 Cities**

<https://community.ajman.ac.ae/uploads/files/Achievement%20file%20-%202022-%202023%20updated%20.pdf>

➤ **Mobile Dental Clinic Serves Migrant Workers at Perfect Metal Coating Compound**

<https://www.ajman.ac.ae/en/news/2023/ajman-universitys-mobile-dental-clinic-serves-employees-at-perfect-metal-coating-compound-in-ajman>

2. Ajman University Dental Hospital: Ensuring Access to Free Dental Care for the Broader Community

The Ajman University College of Dentistry continued to provide free-of-charge dental care to all patients, supporting both patient health and clinical education. The AU-COD dental services are provided to all patients free-of-charge. This has attracted a huge number of patients seeking dental treatment (over 90,000 patients) over the last decade.



The clinic serves as a vital resource, offering dental treatments and promoting healthy lifestyles.

Please refer to the link below:

➤ **Ajman University Dental Clinics**

<https://www.ajman.ac.ae/en/dentistry/clinics/dental-clinics>

3. Pediatric Dentistry Clinic: Promoting Early Oral Health and Well-being

In the year 2023, Ajman University's Pediatric Dentistry Clinic, established in 2021, remains dedicated to improving children's health and well-being through specialized dental care for the general public. The clinic serves over 2,400 children annually, offering treatment for children up to 15 years old, free-of-charge. With a focus on oral health and prevention, the clinic plays a significant role in promoting lifelong health from a young age, directly contributing to the well-being of children in the community. The seven (7) specialized clinics provide comprehensive dental care tailored specifically for children, setting it apart as a specialized clinic for pediatric oral health.

The clinic's significance extends beyond traditional healthcare services. It is characterized by a nominal registration fee, making it accessible to a wide range of families. It offers free treatment for children up to 15 years old. It goes beyond conventional care by addressing Pediatric Oral Diseases (POD) and ensuring the comfort and accessibility of young patients.

On a daily basis, the clinic manages a substantial load of 15-20 patients, collectively serving over 2,400 children annually. Operating for eight hours daily, it maintains a high standard of care through the dedication of 5-7 resident doctors and 1-2 faculty supervisors. In 2022, the clinic opened 656 new patient files, highlighting the clinic's expanding reach and the growing trust within the community.

The Pediatric Dentistry Clinic at Ajman University stands as a beacon of hope for families seeking affordable and expert pediatric dental care. By promoting oral health from a young age, it actively contributes to the overall health and well-being of children and their families, ultimately supporting the university's alignment with SDG 3 and its vision for a healthier, serving the communities.

Please refer to the link below:

➤ [Pediatric Dentistry Clinic](#)

<https://www.ajman.ac.ae/en/dentistry/clinics/pediatric-dentistry-clinic>



4. Flu Vaccination Campaign: Promoting Public Health and Safety

In a proactive initiative to elevate health standards on campus, in the year 2023, the Office of Medical Services continued to collaborate with the Office of Sustainability and the Emirates Health Services (EHS). This initiative aims to enhance the well-being of students, faculty, and staff by providing flu vaccinations, contributing to a healthier campus and promoting the prevention of seasonal illnesses. The National Flu Vaccination Campaign was successfully held at Ajman University (AU) from October 24-25, 2023 and flu vaccinations were administered for the AU community, reinforcing the University's commitment to a healthier campus, promoting the prevention of seasonal illnesses, contributing to the good health and well-being of its students, faculty, and staff.



Please refer to the link below:

➤ **National Flu Vaccination Campaign at Ajman University**

<https://www.ajman.ac.ae/en/activity/2023/national-flu-vaccination-campaign-enhances-campus-health>

5. Pink October: Raising Awareness on Breast Cancer for Better Health

In October 2023, during Breast Cancer Awareness Month, Ajman University hosted multiple events and activities in collaboration with various partners. These events focused on raising awareness about breast cancer, including prevention, early detection, and support for affected individuals, further promoting health and well-being within the community.



Please refer to the link below:

➤ **Breast Cancer Awareness Campaign**

<https://www.ajman.ac.ae/en/news/2023/ajman-university-conducts-an-awareness-campaign-about-breast-cancer>

6. First Aid Awareness Session-CPR Techniques: Community Health and Safety Initiative

In the year 2023, Ajman University organizes first-aid training workshops and other public health and safety initiatives aimed at improving the well-being of its students, staff, faculty, and the wider community. Training courses, such as CPR certification and fire safety courses, ensure that participants are equipped with essential life-saving skills. Additionally, Ms. Al Amiry, a certified first-aid instructor, conducts training courses to benefit the UAE community. The Office of Sustainability (formerly known as the Office of Environmental Health and Safety) also organizes annual events to train volunteer students, staff, faculty, and alumni in CPR skills and Fire Marshals to enhance campus safety.

The university also promotes inclusive health by offering specialized training for students, staff, and community members.

Please refer to the links below:

- [First Aid Awareness Session and Safety Programs](#)

https://sustainablecampus.ajman.ac.ae/upload/files/sustainablecampus/Social_Impact_Training.pdf

<https://www.ajman.ac.ae/en/directory/staff/alaamohammadibrahimalamiry>



Training Session Title:
First Aid Awareness Session -
CPR Techniques

Duration: 2 hours

Number of attendees reached:
29

Audience: Faculty and Staff
Members



7. World Mental Health Day: Promoting Mental Health and Well-Being

In the year 2023, Ajman University continued to reaffirm its commitment to promoting mental health and well-being among its students and the wider community. The Counseling Unit organized a special event for World Mental Health Day, featuring four workshops focused on key mental health topics to support students.

Mr. Ali Aldarwish presented "Cybersecurity and its Impact on Mental Health," emphasizing the importance of digital safety and its mental health implications, such as phone scams and privacy risks. Mr. Waleed Alasbahi's workshop, "Mental Health and its Relationship to Social Media," explored social media's influence on mental health and addressed social media addiction. Prof. Marei Ahmed's session, "Be Positive in Your Academic Field," focused on positive thinking's impact on academic success and stress management. Dr. Ahmad Alzubi led "Coping Styles with Stress," offering stress management techniques like deep breathing to promote psychological stability.

Through such initiatives, Ajman University fosters a psychologically healthy environment, contributing to student well-being and academic achievements. These initiatives demonstrate Ajman University's

commitment to raising awareness of supporting mental health, benefiting both students and the broader community.

Please refer to the links below:

➤ **World Mental Health Day with Special Activities**

<https://www.ajman.ac.ae/en/media/news/2023/ajman-university-celebrates-world-mental-health-day-with-special-activities>

<https://www.ajman.ac.ae/en/student-life/counseling-unit/events-and-activities>



8. World Diabetes Day: Promoting Healthy Lifestyles and Disease Prevention

Ajman University (AU) has hosted a series of events for World Diabetes Day in the year 2023, including health screenings, awareness sessions, and organized a Walkathon to promote healthy lifestyles and raise awareness of diabetes prevention. These initiatives provided students, faculty, and staff with the knowledge and tools to manage and prevent diabetes, underscoring the university's commitment to enhancing good health and well-being.



Ajman University, focusing on the theme "Access to Diabetes Care," organized an event that included a session on diabetes prevention and health screenings for students residing in the AU dorms, reinforcing the university's ongoing commitment to health education, prevention, and well-being.

World Diabetes Day, with the theme "Access to Diabetes Care," saw the Office of Medical Services (OMS) conduct a Walkathon, educational sessions on diabetes prevention, and health screenings for

the AU community. The formation of a Blue Circle, symbolizing diabetes awareness, underscored the event's focus on promoting healthy lifestyle choices to prevent diabetes. Additionally, all screenings remain free of charge and available to the entire AU community throughout November, reinforcing the University's commitment to ongoing health education and prevention.

Please refer to the links below:

➤ **World Diabetes Day at Male Hostel**

<https://www.ajman.ac.ae/en/activity/2023/world-diabetes-day-at-the-university-male-hostel>

➤ **World Diabetes Day Walkathon**

<https://www.ajman.ac.ae/en/activity/2023/world-diabetes-day-walkathon>



B. Ad-hoc Events to Promote Good Health and Well-being

1. Student Life Forum: Enhancing Health Education and Co-Curricular Activities

The "Student Life Forum Fall 2023," organized by the Office of Student Life, brought together student representatives from various student bodies to participate in cocurricular activities at AU. The Student Life Forum organized by Ajman University serves as a platform for students to exchange ideas



through extra-curricular initiatives, including ad-hoc activities focused on good health and well-being. The Director of Student Life, Dr. Mohamed Helal, highlighted the forum as a platform for students to share feedback and ideas. Participants from student clubs, fine arts, sports teams, and leadership programs contributed valuable insights, and engaged co-curricular activities. The forum allowed open discussions, with the Office of Student Life addressing queries and strengthening support for students' holistic development. This forum contributes to the university's ongoing efforts to promote holistic good health education and well-being among students.

Please refer to the link below:

➤ **Student Life Forum on Health and Well-being**

<https://www.ajman.ac.ae/en/news/2023/the-student-life-forum-fall-2023-enhancing-and-developing-cocurricular-activities>

2. Sports Day and Health Competitions: Promoting Physical Fitness and Well-being

In the year 2023, Ajman University continued to promote physical health and well-being through various ad-hoc fun events. The University promoted physical health and well-being through events like Sports Day and the Salad Making Competition, organized by the Student Housing Office and the Unit of Athletics. These activities aim to reduce stress, particularly during mid-term exams, by encouraging physical activity and fostering healthy food habits. The competition, which involved students from different



nationalities, focused on promoting awareness of nutritious food choices and creative expression through salad design. These ad-hoc events emphasize the importance of physical activity, develop healthy eating habits, and live a balanced lifestyle, supporting both the physical fitness and mental health of students. By encouraging participation in sports and hands-on cooking activities, the university fosters healthy lifestyles and raises awareness of the benefits of nutritious food choices. These initiatives also contribute to disease prevention and awareness of healthy eating, while also strengthening community engagement by bringing students together and fostering friendly relations.

Please refer to the link below:

➤ [Sports Day and Salad-Making Competition](https://www.ajman.ac.ae/en/activity/2023/sports-day-and-salad-making-competition)

<https://www.ajman.ac.ae/en/activity/2023/sports-day-and-salad-making-competition>