



3 GOOD HEALTH
AND WELL-BEING



3.3.3

Shared Sports Facilities

Year 2023



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3.3.3 Shared Sports Facilities

In 2023, Ajman University continued to share its sports facilities with the local community, including schools, taxi drivers, and the general public, enhancing access to health and wellness resources. The Athletics Unit offers various programs for students, alumni, and community groups, utilizing modern sports infrastructure such as indoor football courts, swimming pools, gyms, and basketball courts. These facilities are made available free of charge to local schools, community organizations, and government entities. Additionally, family members of university staff enjoy complimentary access on weekends. Special events such as National Sports Day for senior citizens, sports activities for people of determination, and wellness initiatives for local taxi drivers further foster community engagement. Through these efforts, Ajman University promotes physical activity and wellness, aligning with its commitment to improving health and well-being for all.

A. Sports Facilities at AU campus

1. Unit of Athletics

The Office of Student Life's Athletics Unit hosts various sports activities and programs, enhancing students' skills under expert guidance. They can utilize a modern sports complex, including indoor lounges, a pool, and a gym. The unit prioritizes health awareness, creating an environment that complements education and sporting aspirations. Moreover, the university offers free access to multiple community organizations, partner schools, and government entities. Additionally, university staff's family members can enjoy complimentary access to sports facilities on weekends. Please refer to the link below:



<https://www.ajman.ac.ae/en/student-life/office-of-student-life/athletics>

2. Alumni access to AU Sports Complex

As part of our commitment to the good health and well-being of our students, alums, and community, the Office of Development has collaborated with the Unit of Athletics to provide free access to its sports complex during the designated hours. Please refer to the link below:



<https://alumni.ajman.ac.ae/page/services>

3. Sports Infrastructure and Facilities at Ajman University Campus

Indoor football court



Outdoor Football ground



Table Tennis corner



Cricket Ground



Fully Equipped Gymnasium – Male and Female



Multi-Purpose Hall



Basketball Court



Swimming Pool



B. Ajman University's Sports and Physical Health Initiatives for Community

1. Ajman University Organizes National Sports Day for Senior Citizens

Ajman University's Sports Activities Unit, part of its Student Affairs Office, collaborated with the Happiness of Seniors Center to host and organize the National Sports Day for Seniors at the AU Sports Complex. More than 35 seniors participated in this annual event to promote the culture of sports as a healthy lifestyle choice and to recognize the importance of physical and mental health benefits.



Please refer to the link below:

<https://www.ajman.ac.ae/en/news/2023/ajman-university-organizes-national-sports-day-for-senior-citizens>

2. Ajman University's Athletics Unit Hosts Events to Promote Health and Community Engagement

Ajman University's Athletics Unit recently organized two events aimed at promoting healthy living and fostering community engagement. The first event, titled "An Hour of Sports Activities for Cleaners & Mahra Taxi," was designed to encourage female taxi drivers to embrace healthier lifestyles through fitness sessions, team games, and enjoyable activities.



Ten drivers took part in the event, spending a day focused on physical activity and building a sense of camaraderie. The second event, "Sports Activities for the Cleaning Heroes," celebrated the hard work of municipal cleaners by engaging 16 participants in fitness routines, tug-of-war competitions, and futsal matches. Both events ended with photo opportunities and the distribution of gift bags and snacks, reinforcing a sense of community and well-being.



These initiatives support good health and well-being, which advocates for healthy lifestyles across all age groups, and reduced inequalities, as they specifically target underrepresented groups, providing equal access to health-promoting activities. By prioritizing these communities, Ajman University highlights its commitment to inclusivity, social support, and encouraging healthier living practices.

Please refer to the link below:

<https://www.ajman.ac.ae/en/news/2023/ajman-universitys-unit-of-athletics-hosts-events-to-promote-healthy-living-and-community-engagement>

3. Ajman University's Sports Event for People of Determination Celebrates Inspiring Stories of Success

The Unit of Athletics in the Office of Student Life at Ajman University (AU) organized a sports event to encourage the participation of people of determination in sports activities. The "Heroes of Determination, Endless Ambition" event aimed to showcase the athletic abilities of people of determination and present them as role models for others.



Please refer to the link below:

<https://www.ajman.ac.ae/en/news/2023/ajman-universitys-sports-event-for-people-of-determination-celebrates-inspiring-stories-of-success>

4. Ajman University's Unit of Athletics Hosts Events to Promote Healthy Living and Community Engagement

The Unit of Athletics under the Office of Student Life at Ajman University (AU) organized two events as part of its commitment to support UNSDGs and raise awareness about the importance of maintaining a healthy lifestyle. The first event, "An Hour of Sports Activities for Cleaners & Mahra Taxi," aimed to cheer up female taxi drivers and help them adopt healthy daily routines. The second event, "Sports Activities for the Cleaning Heroes," was aimed at celebrating the efforts of the municipality cleaners and promoting healthy lifestyle practices among them.



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<https://www.ajman.ac.ae/en/news/2023/ajman-universitys-unit-of-athletics-hosts-events-to-promote-healthy-living-and-community-engagement>

5. Ajman University Hosts Al Ihsan Champions 2023 Event for Orphaned Children

Ajman University's "Al Ihsan Champions 2023" event, organized for orphaned children from Al Ihsan Charity, to promote physical activity, mental well-being, and overall health. The event featured a variety of physical activities, including relay



racers, obstacle courses, ball games, and swimming sessions—all aimed at encouraging active lifestyles, teamwork, and fun. These activities support *and* focus on reducing the burden of non-communicable diseases through the promotion of healthy living, and address the importance of mental well-being and social inclusion.

By engaging orphaned children in physical exercise and recreational activities, Ajman University not only fostered their physical health but also contributed to their emotional well-being by providing a positive and supportive environment. The inclusion of swimming under the supervision of a certified lifeguard ensured that safety standards were met while allowing children to enjoy the health benefits of water-based activities. This event reflects Ajman University's commitment to enhancing health outcomes and well-being for vulnerable community members, in alignment with goal of ensuring healthy lives and promoting well-being of the general public.

Please refer to the link below:

<https://www.ajman.ac.ae/en/news/2023/ajman-university-hosts-al-ih-san-champions-2023-event-for-orphaned-children>