



3 GOOD HEALTH
AND WELL-BEING



3.3.6

Smoke-free Policy

Year 2023



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3.3.6 Smoke-free Policy

Ajman University (AU) is committed to promoting *good health and well-being*, focusing on reducing smoking and its health risks. As a partially smoke-free campus, AU's Smoking Policy aims to decrease smoking prevalence, support individuals in quitting, and prevent new students from adopting smoking habits. Designated outdoor smoking zones help manage smoking on campus while prioritizing public health.

As a partially smoke-free campus, AU designates specific outdoor smoking zones. The Office of Sustainability (formerly the Office of Environmental Health & Safety) regularly reviews the Smoking Policy, benchmarks with other educational institutions, and recently developed a more comprehensive policy. Locations of designated smoking areas are outlined in the Policies and Procedures Manual (PPM), signage across campus, and published online on AU's website. To support this policy, the Office of Sustainability runs anti-smoking campaigns to raise awareness about the hazards of smoking.



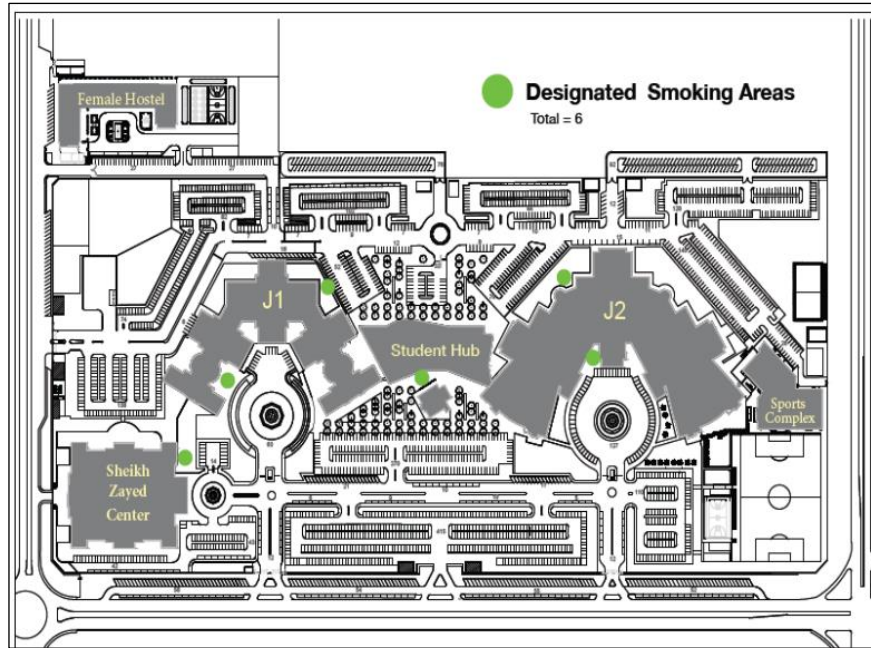
Please refer to the links below:

- **The Smoking Policy strictly prohibits smoking within the University buildings, facilities, and Student Residential Halls:**

https://www.ajman.ac.ae/upload/files/ehs/Smoking_Policy_April_2022.pdf

- **AU Environmental Health & Safety page with information on designated smoking areas:**

https://www.ajman.ac.ae/upload/files/ehs/Outdoor_Designated_Smoking_Areas.pdf



A. Anti-Smoking Campaign

The Office of Sustainability, in collaboration with the Office of Community Engagement, organized an anti-smoking campaign. The primary goal of the event was to raise awareness, especially among university students, about the harmful effects of cigarette smoking on health, behavior, and social life.

Please refer to the link below:

<https://www.ajman.ac.ae/en/news/2022/au-anti-smoking-campaign>

Join us for World No-Tobacco Day
AU ANTI-SMOKING CAMPAIGN

An exciting session featuring:

- Lessons on how to quit smoking through exercise.
- Using the Timosizerizer to know the Carbon Monoxide levels in your body.
- Announcing the Anti-Smoking poster competition winner.
- Amazing prizes await participants.

Date: May 31, 2022
Time: 1:00 – 2:00 PM

Certificates of attendance will be provided

Office of Research and Community Safety
Office of Medical Services
Office of Community Engagement

College of Medicine
College of Pharmacy and Health Sciences

Join us for World No-Tobacco Day

AU ANTI-SMOKING CAMPAIGN

Program Details

Time	Topic	Speaker
1:00 – 1:04	Opening note (Set of about event and welcoming remarks)	Majda Haddad RNS Coordinator
1:04 – 1:05	Introducing the speakers	Elaini Hegazy RNS Coordinator
1:05 – 1:25	<ul style="list-style-type: none"> • Lessons on how to quit smoking through exercise • Live Quiz! demonstration • Announcing winners of <i>Graphic Design</i> and <i>Poster</i> competitions 	Majda Al-Nasiri Owner of Graphic Design Wars.com
1:25 – 1:38	Introducing the innovative service of smokeviewer: how to use it to know the Carbon Monoxide levels in your body and help you stop smoking (Available at AU CSMS)	Dr. Fetta Djessas Office of Medical Services
1:38 – 1:40	Innovative ways to encourage people to quit smoking based on the Swedish Model	Dr. Ibrahim El-Sorafi College of Medicine
1:40 – 1:50	Smoking cessation research project between a pharmacist and a dentist to help smokers quit: call for volunteers for the free of charge quitting program	Dr. Samy Hassan College of Pharmacy and Health Sciences
1:50 – 2:00	Announcing the Anti-smoking campaign poster competition winner and closing remarks	Majda Haddad Margaret Al-Badri – Student College of Business

B. Wellness Full Check-up Screenings Workshop

The Office of Student Housing, in collaboration with the Office of Medical Services, organized a health and well-being event offering full check-up screenings including blood sugar levels, blood pressure, heart rate, oxygen saturation, carbon monoxide levels for those wishing to quit smoking, and Body Mass Index (BMI) calculation.

Please refer to the link below:

<https://www.ajman.ac.ae/en/activity/2024/wellness-full-check-up-screenings-workshop>

