



3.3.2 Health outreach programmes



CONTENTS

3.3.2 Health outreach programmes	1
Ajman University Hosts Health Outreach Program on Alzheimer’s Disease and Neurobiology	1
Ajman University Empowers Healthcare Through Targeted Health Outreach Programmes	2
Ajman University Community Heroes Are Redefining Community Oral Care.....	2
Ajman University Champions Virtual Health Outreach Through Community Engagement	3
Ajman University Health Outreach Advanced Good Health and Well-Being with First Aid and CPR Awareness.....	3
Ajman University Leads Health Outreach Programme with Breast Cancer Awareness Initiative...	4

3.3.2 Health outreach programmes

Ajman University Hosts Health Outreach Program on Alzheimer's Disease and Neurobiology

In November 2024, as part of Ajman University's commitment to advancing mental health awareness and research, Ajman University recently hosted a significant health outreach program featuring Professor Karl Peter Giese, a distinguished researcher in neurobiology and mental health. During his three-day visit, Professor Giese, who is also the Co-Head of the Basic and Clinical Neuroscience Department at King's College London, shared his extensive research on [Alzheimer's disease](#), focusing on the mechanisms of cognitive decline and the role of elevated protein synthesis in early stages of the disease. This health outreach program aimed to enhance understanding of neurological disorders, promoting health education within the academic community and beyond. The program particularly emphasized on health awareness, mental health education, and research collaboration. Professor Giese engaged with faculty, students, and research groups, discussing research methodologies, disease prevention, and potential joint research projects. The seminars on neurobiology and Alzheimer's disease provided valuable insights that contributed to global efforts to address mental health challenges, encouraged health literacy, and promoted collaborative health research—ultimately advancing the collective knowledge on cognitive disorders and neurodegenerative diseases.

Please see the link below:

<https://www.ajman.ac.ae/en/news/2024/ajman-university-hosts-distinguished-neurobiology-researcher-prof-karl-peter-giese>



Ajman University Empowers Healthcare Through Targeted Health Outreach Programmes

In January 2024, Ajman University demonstrated strong commitment to health outreach programmes through its participation in the [29th Dubai International Pharmaceutical & Technologies Conference & Exhibition](#) (January 9–11, 2024). Final-year BPharm students actively engaged in presenting research projects on medicinal chemistry and pharmaceuticals, fostering community engagement and knowledge dissemination beyond traditional academic settings. A joint effort between Ajman University and Gulf Medical University secured second place in the “Best Quality Student Poster” category, reflecting the impact of collaborative research on improving health outcomes.



Importantly, Ajman University’s faculty contributed to advancing community health outreach by developing and evaluating educational interventions aimed at hospital pharmacists. These included a pilot study assessing a pharmacovigilance educational module and a nationwide survey exploring pharmacists’ knowledge and practices around medication reconciliation. Ajman University through such initiatives continues to play a vital role in enhancing healthcare professionals’ capacity to deliver safer medication management and strengthen preventive health services, core components of effective health outreach programmes.

Please see the link below:

<https://www.ajman.ac.ae/en/pharmacy/news/2024/au-college-of-pharmacy-faculty-and-students-participate-in-the-29th-dubai-international-pharmaceutical-technologies-conference-exhibition-duphat>

Ajman University Community Heroes Are Redefining Community Oral Care

In October 2024, Ajman University remained dedicated to sharing free resources with the general public through its health outreach initiative for the underserved populations and redefining access to high-quality dental treatment, especially for vulnerable and underprivileged communities. The College of Dentistry’s Dental Clinic at Ajman University, provided equitable [Community Oral Care](#) to patients from diverse backgrounds, offering free treatment with only a nominal registration fee. This initiative not only addressed immediate healthcare needs but also contributes to lifelong learning resources for students, allowing them to enhance their skills while fostering awareness of oral hygiene and preventive care. Additionally, the free Mobile Dental Clinic extended its resources to remote areas, including elderly homes, factories, local charities, delivering advanced dental care while promoting oral hygiene and health education. Through these efforts, the community members also receive the necessary knowledge about the importance of maintaining proper oral hygiene. Ajman University has created a lasting social impact, demonstrating the importance of integrating skill development for inclusive community service to build a more healthy and informed society.



Please see the link below:

<https://www.ajman.ac.ae/en/news/2024/community-heroes-how-dentistry-students-at-ajman-university-are-redefining-community-oral-care>

Ajman University Champions Virtual Health Outreach Through Community Engagement

In September 2024, Ajman University's Unit of Athletics, in collaboration with the Ajman Youth Council, hosted a [Virtual Awareness Workshop](https://www.ajman.ac.ae/en/news/2024/the-unit-of-athletics-hosts-a-virtual-awareness-workshops-for-the-ajman-youth-council) aimed at re-engaging youth in sports activities after the summer break. The workshop focused on promoting safe, healthy, and inclusive participation in physical activity, covering key topics such as hydration, nutrition, motivation, and mental well-being. By



addressing both physical and psychological challenges, the initiative supports holistic health and fosters resilience among young athletes. The workshop raised awareness, supports healthy lifestyles, and engages the community in preventive health measures, which are all core elements of health outreach initiatives. Through such initiatives, Ajman University continues to actively promote integration, access to services and supports community health and well-being by encouraging physical activity, educating youth on safe sports participation, and addressing both physical and psychological aspects of returning to exercise.

Please see the link below:

<https://www.ajman.ac.ae/en/news/2024/the-unit-of-athletics-hosts-a-virtual-awareness-workshops-for-the-ajman-youth-council>



Ajman University Health Outreach Advanced Good Health and Well-Being with First Aid and CPR Awareness

As part of its ongoing health outreach initiatives, the Office of Sustainability at Ajman University organized a free First Aid and CPR Awareness Session. The free health outreach session aimed to promote health awareness, emergency preparedness, and community well-being by equipping participants with essential life-saving skills that can be applied in both campus and community settings. Led by a Nursing student with certified with first aid training, the session covered the basics of responding to burns, wounds, fractures, and choking emergencies. Detailed demonstrations on CPR techniques were provided, highlighting the correct steps to manage respiratory or cardiac arrest situations until professional medical help arrives. Emphasis was placed on prompt, confident, and safe responses, enabling attendees to act effectively during emergencies.



The session was free and open to all members of the Ajman University community, reflecting the strong commitment of Ajman University to promote safety for the wellbeing of all through the inclusive health outreach. Participants engaged in interactive demonstrations, gaining hands-on experience in administering first aid, understanding emergency protocols, and recognizing the importance of immediate intervention.

Through this initiative, Ajman University not only raised awareness about first aid and CPR but also fostered a health-conscious, resilient, and empowered the community. By offering free access to vital health education, Ajman University contributed to the health and safety initiatives ensuring that members of the community are equipped to respond to emergencies safely and effectively. Such health outreach programs demonstrate the ongoing commitment of Ajman University to creating a safer, more prepared, and responsible community, where knowledge of first aid and CPR is accessible and contributes free for the good health and well-being of the society.

Please see the link below:

<https://sustainablecampus.ajman.ac.ae/en/news/2024/ajman-universitys-office-of-sustainability-organizes-first-aid-awareness-session>



Ajman University Leads Health Outreach Programme with Breast Cancer Awareness Initiative

In October 2024, Ajman University's Office of Community Engagement, in collaboration with the Health and Wellness Club, conducted a comprehensive **Breast Cancer Awareness**, a Health Outreach Programme aimed at improving public health literacy and preventive care practices related to women's health. It was offered to the local community beyond just students or staff, including vulnerable and underserved populations. The outreach programme featured expert-led sessions highlighting the significance of early diagnosis in improving breast cancer outcomes. These sessions equipped participants with practical tools for self-examination, routine



screening practices, and recognizing early warning signs, thereby empowering individuals to take charge of their own health.

This initiative provided the local community with free health screenings, on-site medical consultations, and interactive educational workshops focused on early detection, risk factor awareness, and lifestyle-based prevention strategies. By offering direct access to healthcare professionals and evidence-based information, the programme actively promoted community-based preventive healthcare and increased awareness of women's sexual and reproductive health. By extending these services beyond the campus, Ajman University demonstrated a strong commitment to health equity and accessibility, particularly for vulnerable and underserved populations. The programme engaged a diverse audience and helped foster a culture of proactive health management, resilience, and informed decision-making. This breast cancer awareness initiative exemplifies Ajman University's dedication to sustainable community engagement and its ongoing efforts to improve public health outcomes through education, preventive care, and inclusive health promotion activities.

Please see the link below:

<https://www.ajman.ac.ae/en/pharmacy/news/2024/breast-cancer-awareness-event-held-on-29-october-2024-health-and-wellness-club>

