3 GOOD HEALTH AND WELL-BEING

جامعة عجمان
AJMAN UNIVERSITY

3.3.2 Health outreach programmes



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3.3.2 Health outreach programmes

Ajman University Drives Preventive Community Healthcare Through Mobile Dental Outreach and Public Health Awareness Campaign



In January 2025, the College of Dentistry at Ajman University successfully organized a Mobile Dental Checkup Camp at Al Qasimia University, reinforcing the University's commitment to preventive healthcare outreach, public health promotion, and sustainable community engagement through impactful CSR-driven initiatives. The community-based outreach program provided free dental screenings, oral-health education, preventive counseling, and wellness-focused awareness sessions for university students and staff, contributing to improved health literacy, early detection of dental and periodontal conditions, and the promotion of long-term healthy behaviors. The participants received interactive chairside demonstrations on effective brushing techniques, oral-hygiene practices, nutrition awareness, and preventive oral-care strategies aimed at reducing oral-health risks and supporting aging well. The initiative emphasized the importance of early diagnosis, regular dental checkups, and the strong connection between oral health and systemic health outcomes. Through accessible and student-centered healthcare services, the program empowered participants to make informed health decisions and encouraged timely preventive care and healthier lifestyle practices.

As part of Ajman University's ongoing Corporate Social Responsibility (CSR) mission, the initiative extended healthcare support and health education beyond campus boundaries while fostering a culture of service, social responsibility, and compassionate healthcare leadership among students and faculty members. The collaboration with Al Qasimia University further strengthened inter-institutional partnership and demonstrated a shared commitment to advancing community well-being, public health awareness, and societal development. The participants expressed strong appreciation for the accessible outreach model, personalized guidance, and professionalism of the dental team, noting increased awareness of their oral-health needs and greater motivation to pursue preventive care. The successful initiative reaffirms Ajman University's active role in advancing equitable healthcare access, preventive health education, and meaningful community impact through inclusive outreach and service-oriented programs aligned with broader sustainable development and public health objectives.

Please see the link below:
https://www.ajman.ac.ae/en/dentistry/news/2025/mobile-dental-checkup-camp-at-al-qasimia-university-highlights-ajman-universitys-commitment-to-community-well-being

Ajman University Advances Inclusive Community Health Through Mobile Dental Outreach and Preventive Care Initiative



In February 2025, the College of Dentistry at Ajman University successfully conducted a Mobile Dental Checkup Camp in partnership with Sharjah City for Humanitarian Services, reinforcing Ajman University's commitment to advancing equitable healthcare access, preventive health outreach, and community well-being through impactful CSR-driven initiatives. The community-based outreach program delivered free dental screenings, oral-health education, preventive counseling, and wellness-focused awareness sessions aimed at strengthening health literacy, encouraging early detection of oral diseases, and promoting lifelong healthy behaviors among diverse community groups. The initiative emphasized the importance of preventive healthcare, routine dental checkups, and the strong connection between oral health and overall well-being.

Through its dental camp, Ajman University's initiative further promoted inclusivity and equitable access to healthcare services by supporting individuals of determination and underserved community members within an accessible and community-centered environment. The program reflects Ajman University's continued dedication to inclusive healthcare outreach, social responsibility, and sustainable community engagement aligned with public health promotion objectives. The participants benefited from individualized oral-health guidance and evidence-based preventive care recommendations delivered by dental professionals and academic experts. The initiative also strengthened experiential learning opportunities and demonstrated Ajman University's active role in fostering compassionate healthcare leadership, interdisciplinary collaboration, and meaningful societal impact through service-oriented outreach programs.

By integrating preventive healthcare services, public health awareness, community partnership, and inclusive engagement, Ajman University contributes to advancing health equity, improving community health outcomes, and supporting sustainable well-being initiatives across the wider community.

Please see the link below:

https://www.ajman.ac.ae/en/dentistry/news/2025/ajman-university-dental-team-conducts-mobile-dental-checkup-camp-in-collaboration-with-sharjah-city-for-humanitarian-services



Ajman University Educates Community about Oral Health Through Preventive Dental Outreach and School-Based Health Education



In April 2025, the College of Dentistry at Ajman University a conducted a community-based dental health outreach program at Alzohour Private School. The dental education and screening outreach activity, aimed at promoting preventive oral healthcare and improving health literacy among school communities. The initiative reflects Ajman University's commitment to advancing equitable access to health education and strengthening community well-being through targeted preventive health outreach. The program delivered free oral health screenings and structured health education sessions for students, teachers, and staff, contributing to early identification of oral health concerns and reinforcing lifelong preventive care practices.

As part of the outreach activities, faculty members and dental professionals provided interactive evidence-based education on oral hygiene practices, including correct brushing and flossing techniques, the role of nutrition in oral health, and strategies for preventing common dental diseases. Participants receiving screening support were provided with individualized feedback and preventive care recommendations to encourage timely follow-up and improved oral health outcomes. The program actively engaged students through age-appropriate, hands-on learning activities designed to strengthen awareness and adoption of healthy oral hygiene behaviours. Each student was also provided with an oral health kit, including a toothbrush, toothpaste, and educational materials to sustain preventive practices beyond the intervention.

This outreach initiative demonstrates Ajman University's strong commitment to community engagement, preventive healthcare promotion, and University school partnerships, contributing to improved health awareness, enhanced health literacy, and long-term community well-being through sustained public health outreach efforts.

Please see the link below:

https://www.ajman.ac.ae/en/dentistry/news/2025/ajman-university-promotes-inclusive-community-health-education-through-dental-outreach-initiative-at-alzohour-private-school-sharjah

Ajman University Advances Preventive Healthcare Through Free Community Health Outreach and Medical Screening Camp

The Office of Medical Services at Ajman University, in collaboration with Thumbay Labs, organized a **two(2)-day** Free Medical Camp as part of its Health Outreach Programmes to advance community health, preventive healthcare, and wellness awareness among the community including employees, facility staff, security personnel, students, and their families.

The medical camp engaged approximately **800 participants** and expanded access to free health screening services throughout the week at Thumbay Labs, reinforcing Ajman University's commitment to inclusive healthcare outreach, preventive medicine, public health promotion, and community wellness.

The initiative delivered accessible and affordable healthcare services through comprehensive preventive medical screenings, including Complete Blood Count (CBC), blood sugar, cholesterol, Vitamin D testing, blood pressure monitoring, and body health assessments. The programme also provided health education and awareness sessions focused on early detection, disease prevention, healthy lifestyle practices, and long-term community well-being. Through such programs, Ajman University continues to further strengthen institutional collaboration in delivering impactful health outreach programmes that enhance quality of life, health awareness, and sustainable well-being across diverse community groups.

Please see the link below:

https://www.ajman.ac.ae/en/activity/2025/free-medical-camp-at-au





Ajman University Enhances Community Health and Diabetes Prevention Through Preventive Healthcare Outreach



In November 2025, the Office of Medical Services at Ajman University, in collaboration with Saudi German Hospital, commemorated World Diabetes Day 2025 through a community health awareness and preventive healthcare outreach event held at the AU Medical Clinic, Student Hub. The initiative reflected Ajman University's commitment to promoting public health awareness, preventing noncommunicable diseases, encouraging early health screening, and fostering healthy lifestyle practices within the community. The event provided participants with access to free health assessments and wellness services, including vital signs monitoring, blood glucose and cholesterol screening, body composition analysis, and personalized nutrition counselling. These services supported early detection, health risk awareness, and informed decision-making related to diabetes prevention, metabolic health, and overall wellbeing.

Interactive one-on-one counselling sessions focused on diabetes awareness across different life stages, highlighting the importance of healthy nutrition, physical activity, preventive care, and lifestyle modification in reducing health risks and improving long-term quality of life. Participants also received practical guidance on maintaining healthy habits, improving dietary choices, and supporting overall physical and reproductive health outcomes. The initiative created an inclusive and supportive environment that encouraged health education, community engagement, and proactive healthcare practices. Through personalized consultations and awareness activities, participants were empowered to take positive steps toward healthier living and chronic disease prevention.

This health outreach initiative reinforces commitment Ajman University to preventive healthcare, health promotion, community wellbeing, health literacy, and sustainable public health engagement through collaborative healthcare partnerships and awareness-driven programs.

Please see the link below:

https://www.ajman.ac.ae/en/activity/2025/world-diabetes-day-awareness-event-diabetes-across-life-stages

Ajman University Strengthens Women's Health and Preventive Care Through Preconception Health Outreach



In November 2025, Ajman University in collaboration with Emirates Health Services (EHS), organized a women's health and preconception care awareness session as part of the National Preconception Care Campaign. The initiative promoted sexual and reproductive health education, preventive healthcare, maternal wellbeing, and health literacy among female students to support healthier pregnancies, disease prevention, and improved maternal and child health outcomes.

The session focused on reproductive health awareness, preventive screening, fertility health, nutrition, mental wellbeing, healthy lifestyle practices, and informed family planning within an evidence-based and culturally appropriate healthcare framework. The participants received practical knowledge on early health assessment, risk reduction, physical activity, and proactive healthcare practices that contribute to long-term wellbeing and healthier communities.

The interactive discussions encouraged informed health decision-making, women's empowerment, and greater awareness of preventive care and early intervention strategies. The initiative also emphasized the importance of accessible health education, community wellbeing, and sustainable public health awareness in supporting future family health outcomes.

This collaborative health outreach program reflects Ajman University's commitment to public health promotion, healthcare accessibility, women's health advocacy, community engagement, and sustainable health education through strategic national healthcare partnerships and preventive health initiatives.

Please see the link below:

https://www.ajman.ac.ae/en/activity/2025/national-preconception-care-campaign-todays-decision-shapes-your-future-and-your-familys-tomorrow

Ajman University Promotes Breastfeeding Through Maternal and New-born Health Outreach Support



In May 2025, Ajman University, through the Office of Medical Services in collaboration with healthcare partners, implemented a Maternal and New-born health outreach initiative focused on breastfeeding and lactation support, and early-life nutrition education within a clinical training and community health framework. The program strengthened preventive healthcare, maternal wellbeing, and new-born health outcomes by enhancing breastfeeding knowledge and clinical competencies among healthcare staff supporting mothers and infants.

A key highlight of the initiative was an expert education, hands-on demonstrations and personalized support followed by a discussion session led by Dr. Fetta Djessas, International Board-Certified Lactation Consultant (IBCLC), delivered to two cohorts of **24 staff nurses** working in maternity and neonatal units. The initiative also promoted health literacy, maternal nutrition, early childhood development, and preventive care awareness, empowering healthcare providers to deliver consistent and informed breastfeeding support services to **200 mothers**.

The initiative emphasized exclusive breastfeeding practices, early initiation of breastfeeding, skin-to-skin bonding, and evidence-based lactation management aligned with global maternal and child health standards. The specialized training sessions combined expert-led instruction with hands-on simulation-based learning to improve practical skills in breastfeeding positioning, latch techniques, and management of common lactation challenges such as low milk supply and engorgement.

The initiative further contributed to raising awareness of the importance of early childhood nutrition, new-born immunity, maternal recovery, and family health resilience. The outreach initiative aimed to provide a new-born with the best possible nutritional start in life through breast milk, in line with internationally recognized guidelines from the World Health Organization (WHO), UNICEF, and the American Academy of Pediatrics (AAP), empowering mothers to overcome common breastfeeding challenges during the prenatal and postnatal periods. The outreach program also sought to reinforce the role of breastfeeding in fostering early bonding and long-term health outcomes for both mother and child.

Additionally, free educational materials were distributed to sustain learning outcomes and encourage continued community health engagement. Through such health outreach programs, Ajman University continues to ensure maternal and new-born health promotion, preventive healthcare education, women's health empowerment, and sustainable community health outreach through strategic healthcare partnerships and evidence-based practice.

Please see the link below:

https://www.ajman.ac.ae/en/activity/2025/voluntary-community-service-breastfeeding-support-initiative

Ajman University Contributes to Community Health and Diabetes Awareness Through Public Health Outreach



In November 2025, Ajman University successfully organized a Diabetes Awareness Event, demonstrating its commitment to public health education, community engagement, disease prevention, and health promotion. The initiative aimed to empower the university community and visitors with practical knowledge of diabetes risk factors, early prevention, effective disease management, healthy lifestyle practices, and proper wound care.

Led by second-year nursing students under the guidance of the Head of the Nursing Department, and supported by dedicated nursing faculty, the **30-days** event featured interactive health education stations, hands-on demonstrations, and informative awareness sessions for over **3,000 participants**. These activities promoted health literacy, preventive healthcare, informed lifestyle choices, and greater awareness of diabetes-related complications. Participants gained opportunities to engage with essential health information and practical demonstrations, highlighting the importance of early intervention, appropriate diabetes management, wound-care practices, aging well and the prevention of complications. Through accessible, interactive health education, the initiative supported community awareness and encouraged individuals to take a more proactive role in maintaining their health and well-being of the community.

The event also provided nursing students with a meaningful opportunity to apply their academic knowledge through community-based health promotion, public engagement, and experiential learning. By leading educational activities, students developed communication, health advocacy, and professional engagement skills while contributing to broader community health awareness.

Through initiatives such as this event, Ajman University reinforces its commitment to public health awareness, preventive healthcare education, community well-being, and socially responsible education. The initiative demonstrates how university-led outreach can connect academic learning with community health needs, promote diabetes prevention awareness, and encourage healthier lifestyle practices across the university community.

Please see the link below:
https://www.ajman.ac.ae/en/pharmacy/news/2025/nursing-department-leads-high-impact-diabetes-awareness-event-strengthening-community-health-education





Ajman University Promotes Breastfeeding Awareness and Maternal Health Support Through Community Engagement

In October 2025, Ajman University (AU) Office of Medical Services (OMS), in collaboration with Thumbay University Hospital (TUH), continued its annual breastfeeding awareness, education, and support volunteering initiative, marking the **3rd consecutive year** of this community-based, hands-on training programme. The initiative focuses on sexual and reproductive health, maternal health, new-born care, and preventive healthcare for all.

The programme focused on strengthening Breastfeeding Awareness, promoting maternal well-being, and improving new-born health through health education, practical training, and evidence-based guidance for mothers and maternity healthcare professionals. Key areas included proper breastfeeding techniques, early mother–infant bonding, lactation management, and strategies for overcoming common breastfeeding challenges. By promoting breastfeeding education, maternal health awareness, and access to appropriate maternal and new-born healthcare services, the initiative contributes to sexual and reproductive health promotion, informed reproductive health decisions, and improved health outcomes for mothers and infants.

As part of the initiative, an **18-hour hands-on training course** and multiple simulation sessions were delivered to **24 staff nurses** working in maternity and neonatal units. The training enhanced nurses' knowledge and practical competencies in breastfeeding support, lactation management, and maternal and new-born care, strengthening their capacity to provide appropriate guidance and support to mothers during the postnatal period.

Ajman University continues supporting maternal health, new-born health, breastfeeding promotion, and access to quality healthcare and health education. It also complements broader sexual and reproductive health objectives by strengthening maternal healthcare practices, promoting informed health choices, and supporting the continuum of care throughout pregnancy, childbirth, and the postnatal period.

Aligned with international maternal and child health recommendations, this collaborative programme reflects Ajman University's continued commitment to community engagement, health promotion, preventive healthcare, capacity building, and healthcare volunteering. Through sustained collaboration with Thumbay University Hospital, AU supports breastfeeding awareness, maternal and infant well-being, and the advancement of accessible, evidence-based healthcare for all.

Please see the link below:
https://www.ajman.ac.ae/en/activity/2026/ajman-university-continues-breastfeeding-awareness-and-support-initiative-at-thumbay-university-hospital





Ajman University Advances Community Oral Health and Well-being through Its Mobile Dental Clinic



Ajman University Mobile Dental Clinic during a community outreach visit.

Throughout 2025, Ajman University's College of Dentistry conducted free **24 Mobile Dental outreach visits for the underserved community members,** reaching **1,657 individuals** and recording **265 volunteer participations** across Ajman, Sharjah, Dubai and Abu Dhabi in the United Arab Emirates (UAE). The programme promotes community health and well-being through preventive healthcare, oral-health screening, oral hygiene education, scaling and polishing, fluoride application, disease prevention and early identification of dental problems. Beneficiaries included schoolchildren, university students and staff, workers, community members, and individuals supported by charitable and humanitarian organizations. Outreach initiatives also included the Special Olympic Games 2026 and an orphanage visit.


Faculty, students and team members supporting a Mobile Dental Clinic outreach activity.

Through school, workplace and community outreach, the Mobile Dental Clinic raises public health awareness, encourages healthy oral-hygiene practices and improves access to preventive dental services, particularly for underserved communities. Under faculty supervision, dental students participate in community-based clinical practice and health education, strengthening experiential learning, professional responsibility and community service.

The initiative demonstrates Ajman University's commitment to preventive care, community health outreach, health education, equitable access to healthcare and sustainable community well-being, extending oral healthcare beyond campus and serving diverse populations.

Please see the link below:

http://ajman.ac.ae/en/dentistry/news/2025/bringing-oral-healthcare-closer-to-communities-ajman-university-mobile-dental-clinic