3 GOOD HEALTH AND WELL-BEING

جامعة عجمان
AJMAN UNIVERSITY

3.3.3 Shared sports facilities



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3.3.3 Shared sports facilities

Ajman University Shares Sports Facilities to Host a Sports Day for Al Itqan American School



In January 2025, Ajman University's Office of Student Life hosted the Sports Day for Al Itqan American School over two days at Ajman University's sports facilities, under the theme Sports Day. The event aimed to promote sportsmanship and provide a platform for social interaction among students. The activities for female students took place at the multi-purpose court, featuring basketball, volleyball, badminton, table tennis, and fitness activities. The male students' Sports Day was held at the football field, with football, basketball, padel, fitness exercises, and other recreational activities. The event concluded with an award ceremony for the winning teams, adding a sense of joy and accomplishment. The Athletics Unit organizes a range of sports events and initiatives that encourage students to take part in physical activities and adopt healthier lifestyles. These initiatives aim to engage the university community, support students' physical and mental well-being, and strengthen cooperation, teamwork, and belonging. Through these activities, students develop important skills such as communication, discipline, leadership, and collaboration. The Athletics Unit at Ajman University's Office of Student Life hosted a **two(2)-day** Sports Day for Al Itqan American School at Ajman University's sports facilities, promoting sportsmanship, student engagement, and social interaction through a dynamic line-up of athletic activities. Female students participated in basketball, volleyball, badminton, table tennis, and fitness activities at the multi-purpose court, while male students competed in football, basketball, padel, fitness challenges, and recreational games at the football field. The event concluded with an awards ceremony honouring the winning teams, creating an atmosphere of achievement, enthusiasm, and school spirit.

Through events such as Sports Day, the Athletics Unit continues to advance active and healthy lifestyles while strengthening community engagement and student well-being. These initiatives foster teamwork, leadership, discipline, communication, and collaboration, contributing to students' personal growth and a stronger sense of belonging for all.

Please see the link below:
https://www.ajman.ac.ae/en/dba-news/news/2025/au-athletics-unit-hosts-sports-day-for-al-itqan-american-school

Ajman University Brings Together Inaugural Alumni Sports Day to Promote Community Well-Being and Lifelong Engagement



In March 2025, Ajman University proudly hosted its first Alumni Sports Day, bringing graduates back to campus for a dynamic celebration of wellness, inclusion, and community engagement. The event featured a wide range of activities, including basketball, badminton, table tennis, padel, relay races, and tug of war, encouraging active participation among male and female alumni alike. In alignment of Good health and well-being, with the principles of health, sportsmanship and social connectedness, the event provided alumni with an opportunity to reconnect, strengthen professional and personal networks, and foster a lasting sense of belonging within the AU community. The initiative reflected Ajman University's commitment to promoting active lifestyles, mental well-being, and meaningful community partnerships.

The event concluded with a medal ceremony led by the Chancellor, recognizing the winning teams and celebrating teamwork, resilience, and sportsmanship. A raffle draw added to the excitement, featuring prizes including a **PlayStation 5**, a **one-night stay at DoubleTree by Hilton**, and **vouchers** from leading community partners. The Alumni Sports Day reinforced Ajman University's vision of building a connected, engaged, and sustainable alumni network through initiatives that support quality of life, lifelong relationships, and inclusive community participation.

Please see the link below:
https://www.ajman.ac.ae/en/news/2025/-030325-091958



Ajman University Hosts Sports Day for Al Kamal American International School at Shared Sports Facilities



In April 2025, Ajman University's Athletics Unit, hosted a dynamic Sports Day for students of Al Kamal American International School at the university's shared sports facilities. The initiative highlights Ajman University's commitment to community engagement, inclusive access to sports infrastructure, and the promotion of healthy, active lifestyles through strategic collaboration with educational institutions. The event transformed Ajman University's multi-purpose courts and football fields into an interactive platform for youth empowerment, physical wellness, and social cohesion. Male students participated in a variety of sports and recreational activities, including basketball, volleyball, badminton, table tennis, football, and fitness challenges, fostering sportsmanship, active participation, and community integration in a safe and inclusive environment. By opening its sports facilities to school students, Ajman University advances the concept of shared community resources, maximizing the social impact of its infrastructure while strengthening partnerships that support youth development and well-being. Through such initiatives, the Athletics Unit continues to drive student-centered programs that enhance physical and mental health, encourage lifelong participation in sports, and cultivate essential life skills including leadership, teamwork, discipline, communication, and resilience. These efforts reflect the university's ongoing dedication to sustainability, social responsibility, and creating inclusive opportunities that contribute to healthier and more connected communities.

Please see the link below:

https://www.ajman.ac.ae/en/news/2025/au-athletics-unit-hosts-sports-day-for-al-kamal-american-international-school

Ajman University Promotes Community Good Health and Well-Being by Organizing Volley ball Tournament Through Shared Sports Facilities





In June 2025, as part of its ongoing commitment to the Good Health and Well-Being, the Office of Student Life at Ajman University organized a Volleyball tournament as part of community sports initiative aimed at promoting healthy lifestyles and expanding community access to Ajman University sports facilities. The initiative featured a volleyball tournament for taxi drivers, organized in collaboration with the Ajman Transport Authority and hosted at Ajman University's sports facilities. The event witnessed strong participation and reflected the University's commitment to sharing its recreational and athletic resources with diverse community groups to encourage physical activity, social interaction, and overall well-being. Through initiatives such as this, the Athletics Unit continues to strengthen community engagement, promote active and

balanced lifestyles, and reinforce the role of sport in supporting physical and mental health. The event also highlights the University's dedication to utilizing its facilities and partnerships to create inclusive opportunities that contribute to a healthier and more connected society.

Please see the link below:
https://www.ajman.ac.ae/en/news/2025/ajman-universitys-athletics-unit-organizes-volleyball-tournament-for-taxi-drivers-to-promote-health-and-well-being

Ajman University Advances Community Wellness Through Shared Sports Facilities Initiative an Hour of Sports Activities



In July 2025, Ajman University organized An Hour of Sports Activities for broader members of the community cleaners at Ajman Youth Centre as part of the initiative that provided participants with access to organized sports and wellness activities in an inclusive and engaging environment, reinforcing Ajman University's commitment to extending sports and recreational opportunities to wider community groups. Activities included fitness exercises, football, basketball, badminton, and team-building games such as tug of war, all designed to encourage physical activity, teamwork, and mental well-being.

Through this initiative, Ajman University strengthened community engagement by promoting shared participation in sports and wellness programs that support healthier lifestyles and social inclusion. The event reflects the University's ongoing efforts to utilize sports initiatives and collaborative partnerships to enhance quality of life, encourage active community involvement, and advance sustainable development objectives.

Please see the link below:

https://www.ajman.ac.ae/en/news/2025/the-unit-of-athletics-organizes-an-hour-of-sports-activities-for-cleaners-at-ajman-youth-centre

Ajman University Shares Sports Facilities for Smart Services Development Employees in Support of Health and Well-being



In July 2025, the Unit of Athletics at the Office of Student Life at Ajman University organized the wellness initiative An Hour of Sports Activities for employees of the Ajman Municipality and Planning Department in collaboration with the Ajman Youth Council. The initiative highlighted the effective use of shared sports facilities to promote community wellness, active lifestyles, employee engagement, and inclusive participation in physical activities.

The event transformed university sports facilities into an interactive environment that encouraged health, fitness, teamwork, and social connection through a variety of recreational and competitive activities. Participants engaged in general fitness exercises, friendly football, basketball, and badminton matches, in addition to team-building games such as tug of war, creating a vibrant atmosphere that supported both physical and mental well-being.

This initiative reflects Ajman University's commitment to strengthening community partnerships and maximizing the impact of shared sports and recreational spaces to enhance quality of life, aging well, wellness awareness, social inclusion, and sustainable community engagement. It also reinforces Ajman University's role in fostering collaborative health and sports initiatives that encourage positive interaction, teamwork, and long-term healthy lifestyle practices.

Please see the link below:
https://www.ajman.ac.ae/en/news/2025/the-unit-of-athletics-organizes-an-hour-of-sports-activities-for-smart-services-development-employees-in-support-of-health-and-well-being

Ajman University Transforms Sports Facilities into Inclusive Community Spaces



In November 2025, Ajman University through its Athletics Unit, opened the University Sports Complex for community engagement through the initiative Together We Create Happiness, organized in partnership with the Emirates Red Crescent. The event provided orphaned children with access to university sports facilities and inclusive recreational activities designed to promote physical activity, social interaction, and emotional well-being.

By making its sports facilities available for community-based initiatives, Ajman University demonstrates its commitment to using campus resources to support public well-being, social inclusion, and community development. The event featured sports activities, movement games, group challenges, and interactive experiences that encouraged participation, teamwork, and positive engagement among children. The initiative was supported by university students, sports teams, and the Ajman University Youth Council, providing students with opportunities to develop leadership and volunteer skills while contributing to community service. This initiative reflects Ajman University's

ongoing commitment to transforming university facilities into inclusive community assets that promote health, accessibility, social responsibility, and sustainable community impact.

Please see the link below:
https://www.ajman.ac.ae/en/news/2025/a-day-for-orphaned-children-at-ajman-university-170626-100252




