3 GOOD HEALTH AND WELL-BEING

جامعة عجمان
AJMAN UNIVERSITY

3.3.4 Sexual and reproductive health care services for students



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3.3.4 Sexual and reproductive health care services for students

Ajman University Advances Sexual and Reproductive Health Through Cervical Cancer Awareness and HPV/STI Prevention Education



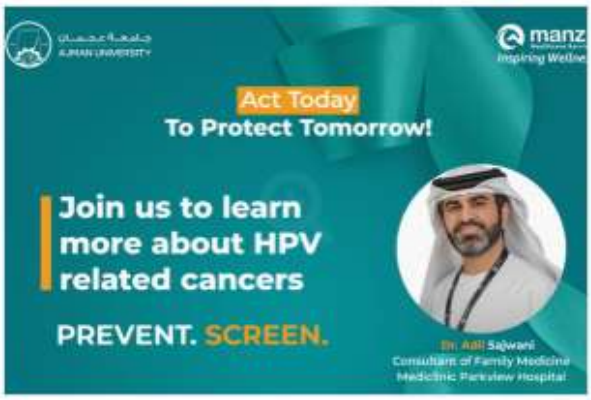
In January 2025, as part of its ongoing commitment to preventive healthcare and student wellbeing, Ajman University organized an educational webinar titled "HPV-Related Cancers – Act Today to Protect Tomorrow", through the Office of Medical Services (OMS), in collaboration with Mediclinic Parkview Hospital in Dubai.

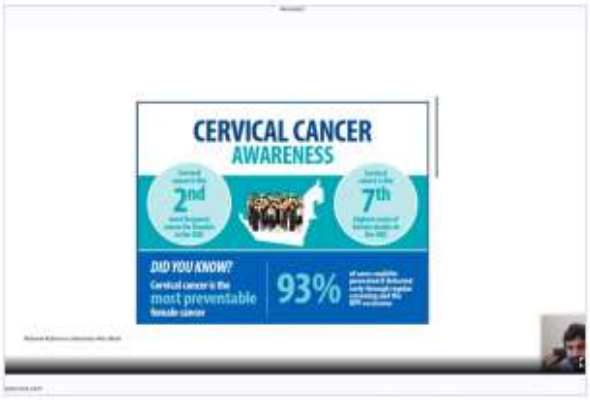
The webinar addressed the growing public health importance of Human Papillomavirus (HPV), one of the most common sexually transmitted infections (STIs) associated with several preventable cancers, including cervical cancer. The session was open to all, reaching over **900 participants** and providing valuable knowledge on HPV prevention, the importance of early immunization, and responsible sexual health practices within the community.

The discussion emphasized HPV vaccination as one of the most effective preventive measures against HPV-related cancers and highlighted the importance of early intervention, routine screening, and evidence-based sexual and reproductive health education. The initiative further reinforced the role of higher education institutions in creating stigma-free environments that support informed health decisions and equitable access to preventive healthcare information.

Please see the link below:

https://www.ajman.ac.ae/en/activity/2025/hpv-related-cancers-act-today-to-protect-tomorrow





Ajman University Promotes Sexual and Reproductive Health Awareness Through HPV Vaccination Campaign



In April 2025, as part of its ongoing commitment to sexual and reproductive health awareness, preventive healthcare, good health and wellbeing for the community, Ajman University organized an onsite Human Papillomavirus (HPV) vaccination drive to improve access to early prevention services and reduce the risk of HPV-related diseases, including cervical cancer. The vaccination drive recorded strong participation from pre-registered members of the university community, reflecting increased awareness, health literacy, and acceptance of HPV immunization as an essential preventive healthcare measure. Vaccinations were administered by a qualified medical team from Manzil Health, including licensed healthcare professionals and nursing staff, ensuring adherence to clinical safety standards, patient education protocols, and evidence-based healthcare practices.

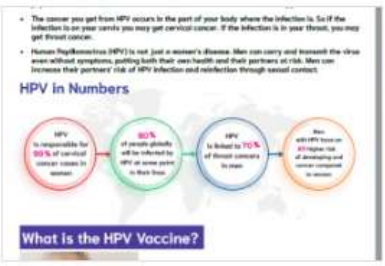
The participants also received onsite medical guidance and counseling on HPV transmission, vaccine effectiveness, cervical cancer prevention, and the importance of early intervention in reducing future health risks. The initiative contributed to strengthening awareness around women's health, disease prevention, and access to essential healthcare services within the university community. To expand outreach and maximize community impact, more than **5,000 members** of the AU community received digital educational materials containing scientifically informed information on HPV, cervical cancer prevention, vaccination benefits, and reproductive health awareness. The wide-scale dissemination of educational resources aimed to promote informed health choices, encourage vaccine confidence, and support long-term public health outcomes.

The initiative reflects Ajman University's continued efforts to advance community health promotion through accessible preventive care, health education, early disease prevention, and strategic healthcare partnerships. Additional vaccination and awareness initiatives are being considered to further strengthen public engagement, preventive health practices, and community resilience against HPV-related diseases.

Please see the link below:

https://www.ajman.ac.ae/en/activity/2025/onsite-hpv-vaccination-drive-from-awareness-to-action







Ajman University Strengthens Sexual and Reproductive Health Through Breastfeeding Education and Maternal Care



Throughout the year 2025, in support of advancing sexual and reproductive health, the Office of Medical Services (OMS) at Ajman University, has organized multiple Breastfeeding Education and Maternal Care campaigns. Ajman University in collaboration with the Thumbay University Hospital (TUH) Maternity Ward since 2023 has now in its third consecutive year, strengthens breastfeeding education and support for maternity and neonatal nursing staff, promoting early mother-infant bonding, optimal infant nutrition, maternal wellbeing, and evidence-based caregiving practices.

Aligned with globally recognized maternal and child health standards, the initiative equips healthcare professionals with the knowledge and practical skills needed to support mothers through prenatal and postnatal breastfeeding challenges. The sexual and reproductive health program reinforces the critical role of breastfeeding in improving new-born immunity, child development, maternal recovery, and long-term family health outcomes. A key component of the initiative included specialized hands-on training sessions and simulation sessions for over **200 mothers** and a batch of **24 staff nurses** of maternity and neonatal wards. The sessions focused on lactation management, patient-centered care, and updated clinical breastfeeding practices. Interactive demonstrations using simulation models provided hands-on guidance on effective latch techniques, breastfeeding positions, and management of common concerns such as engorgement and low milk supply, helping strengthen clinical confidence and patient support capabilities. Educational materials were also distributed to reinforce learning outcomes, encourage health awareness, and provide practical guidance for continued breastfeeding support and maternal care.

This ongoing initiative reflects the commitment of Ajman University to community wellbeing, preventive healthcare education, women's health empowerment, healthcare capacity building, and sustainable public health outreach. Additional training sessions and awareness programs are planned to further expand the initiative's positive impact on maternal and child healthcare services.

Please see the link below:

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

Ajman University Advances Women's Sexual and Reproductive Health Through Early Breast Cancer Detection and Free Gynaecology Specialist Consultations



Throughout October 2025, Ajman University commemorated the World Breast Cancer Awareness Month 2025. The Office of Medical Services at Ajman University, in collaboration with Saudi German Hospital Ajman and Emirates Red Crescent, organized an interactive breast cancer awareness and prevention event titled "Hands-On Breast Self-Examination (BSE): A Life-Saving Practice" on Campus.

The initiative promoted women's sexual and reproductive health awareness, preventive healthcare, early detection, and health literacy through practical breast self-examination (BSE) training was provided to a cohort of **50 participants** in addition to the free gynecology specialist consultations. The session empowered participants with essential knowledge and self-screening skills that support early diagnosis, cancer risk reduction, and improved women's health outcomes. The event also created a supportive platform for open dialogue on women's health, helping reduce stigma while encouraging informed healthcare decision-making, self-care practices, and proactive health monitoring. Participants benefited from specialist consultations, nutrition assessments, and personalized wellness guidance focused on preventive care and long-term wellbeing.

With strong participation from students and staff, the initiative reinforced Ajman University's commitment to public health promotion, women's health empowerment, healthcare accessibility, and sustainable community health outreach through collaborative healthcare partnerships and awareness-driven preventive health programs.

Please see the link below:

https://www.ajman.ac.ae/en/activity/2025/au-office-of-medical-services-leads-breast-cancer-awareness-event-with-hands-on-bse-workshop







Ajman University Breast Cancer Awareness Event Empowers Female Residents





In October 2025, the Office of Student Housing at Ajman University, in collaboration with the Saudi German Health UAE, organized a Breast Cancer Awareness event as part of the women's sexual and reproductive health (SRH) at the Female Hostel to strengthen sexual and reproductive health education, preventive healthcare awareness, and early detection practices among female students. A total of **29 female students** received the training.

The initiative provided evidence-based health education on breast cancer prevention, reproductive health awareness, and breast self-examination (BSE) through expert-led sessions and interactive hands-on workshops using breast simulation models. Participants gained practical knowledge on self-screening techniques, early warning signs, cancer stages, and the importance of regular health monitoring in improving women's health outcomes and reducing health risks.

The program encouraged open dialogue on women's sexual and reproductive health, helping to improve health literacy, reduce stigma, and promote informed healthcare decision-making within a supportive and culturally appropriate environment. Interactive awareness activities further promoted self-care practices, preventive screening, and proactive health management among young women.

This sexual and reproductive health initiative reflects Ajman University's commitment to women's health empowerment, preventive healthcare education, healthcare accessibility, student wellbeing, and sustainable community engagement through collaborative public health partnerships and awareness-driven health promotion programs.

Please see the link below:

https://www.ajman.ac.ae/en/activity/2025/breast-cancer-awareness-event-empowers-female-residents







Ajman University Women Empowerment Council Drives Preventive Women's Health Education Through Breast Cancer Awareness



In October 2025, as part of World Breast Cancer Awareness Month, the Ajman University Women Empowerment Council (AUWEC), in collaboration with the Office of Medical Services and the Ministry of Health and Prevention, organized a targeted women's health awareness initiative focused on breast cancer prevention, early detection, and sexual and reproductive health education. The session strengthened preventive healthcare awareness by promoting breast self-examination (BSE) as a life-saving practice for early detection and improved health outcomes. Participants received practical, hands-on training using clinical simulation methods, supported by expert guidance and visual learning tools to enhance understanding of breast health, risk awareness, and self-care practices.

The initiative created an open, supportive, and stigma-free environment for dialogue on women's sexual and reproductive health, encouraging health literacy, early health-seeking behavior, and proactive engagement in preventive screening. Both group-based and individualized training sessions enabled participants to build confidence in applying self-examination techniques and integrating preventive health practices into daily life.

The program benefited over **4,000 participants** including students and staff which reinforced women's empowerment, health education, and community wellbeing by fostering informed decision-making and strengthening awareness of reproductive health across young women in the university community.

This initiative reflects Ajman University's commitment to advancing sexual and reproductive health, preventive healthcare, women's empowerment, and sustainable health awareness through evidence-based education and collaborative public health engagement.

Please see the link below:

https://www.ajman.ac.ae/en/activity/2025/auwec-oms-world-breast-cancer-awareness-event-2025





Ajman University Promotes Sexual and Reproductive Health Awareness Through Prostate Health Initiative

In November 2025, in recognition of Movember, Ajman University organized the global campaign promoting awareness of men's health and wellbeing, the Office of Medical Services at Ajman University, in collaboration with Saudi German Hospital Ajman, organized a targeted awareness session for male students and staff titled "Prostate Disease and Management."

The initiative focused on promoting awareness of prostate health, early detection, preventive care, and the importance of regular screening in reducing health risks and supporting long-term wellbeing. The session also addressed common misconceptions surrounding men's sexual and reproductive health, encouraging open discussion and early medical consultation. The participants received guidance on recognizing early warning signs, available screening methods, and treatment and management options. The program also offered free confidential consultations, providing a safe and supportive environment for individuals to discuss personal health concerns privately with healthcare specialists.

Through this initiative, Ajman University continues to advance preventive healthcare awareness, encourage early intervention, and foster a campus culture that supports informed dialogue around men's sexual and reproductive health and overall wellbeing.

Please see the link below:

https://www.ajman.ac.ae/en/activity/2025/oms-marks-movember-male-sexual-and-reproductive-health-awareness-session-at-au









Ajman University Advances Sexual and Reproductive Health Through National Preconception Care Campaign



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

The program focused on reproductive health awareness, fertility health, preventive screening, nutrition, mental wellbeing, healthy lifestyle practices, and informed family planning within a culturally appropriate and evidence-based healthcare framework. Participants gained practical knowledge on early health assessment, disease prevention, physical activity, and proactive healthcare practices that contribute to long-term wellbeing and healthier future families.



Interactive discussions promoted informed health decision-making, women's empowerment, preventive care awareness, and early intervention strategies while reinforcing the importance of accessible health education and community wellbeing. The initiative also highlighted the role of preventive healthcare and reproductive health awareness in supporting sustainable public health outcomes and healthier communities.

This collaborative sexual and reproductive health program reflects Ajman University's commitment to advancing women's health, preventive healthcare education, healthcare accessibility, and sustainable community engagement through strategic national healthcare partnerships and public 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 Advances the Community's Sexual and Reproductive Health



Throughout 2025, in support of global health and sustainable development, Ajman University (AU) continued to emphasize the importance of health screening, disease prevention, health education, and access to essential healthcare services for its university community. Ajman University's student medical check-up form includes HIV testing, hepatitis B surface antigen (HBsAg) testing, and an HBC test, highlighting the importance of infectious disease screening, early detection, and preventive health services within student healthcare. These measures support broader efforts to promote sexual and reproductive health and rights, strengthen public health awareness, prevent communicable diseases, and improve access to appropriate healthcare services. Ajman University's initiative highlights the importance of integrating preventive healthcare, infectious disease screening, health promotion, and sexual and reproductive health awareness into university healthcare systems. Through health-related services reaching more than **3,000 students**, the initiative supports student health, disease prevention, health literacy, and awareness of the importance of regular medical check-ups and appropriate preventive interventions. HIV testing plays a vital role in identifying HIV infection and facilitating timely diagnosis, medical consultation, and appropriate follow-up care. Similarly, the hepatitis B surface antigen (HBsAg) test helps identify a marker of current hepatitis B infection, supporting further clinical evaluation and appropriate management when indicated. Accurate health information, confidential testing, informed decision-making, and access to evidence-based preventive services are essential components of comprehensive sexual and reproductive healthcare. These interventions contribute to reducing the risk of infectious disease transmission, promoting responsible health practices, and improving individual and community health outcomes. Access to confidential, inclusive, and non-discriminatory healthcare is fundamental to protecting dignity, promoting informed health choices, and supporting sexual and reproductive well-being. Strengthening health awareness and encouraging individuals to seek appropriate medical advice can help reduce stigma associated with HIV and other communicable infections while promoting equitable access to healthcare information and services. These approaches contribute to a supportive university environment that values physical health, mental well-being, preventive medicine, and the overall quality of life of students. In addition to student health screening, Ajman University offered interns and staff special discounts on blood screening tests and necessary vaccinations, further supporting preventive healthcare, early identification of potential health concerns, immunization awareness, and occupational health and safety. Through such initiatives, Ajman University continues to educate community about communicable disease prevention, HIV awareness, hepatitis screening, preventive medicine, health education, and equitable access to healthcare services. By promoting health screening, informed decision-making, disease prevention, and community health awareness, AU contributes to a healthier, more inclusive, and more health-conscious community.

Please see the link below:

https://www.ajman.ac.ae/en/activity/2025/sexual-and-reproductive-health-hiv-and-hepatitis-b-screening-at-ajman-university