

SDG #3: GOOD HEALTH AND WELL-BEING

3.3.2. Outreach Programs and Projects on Health and Well-Being:

1. Mobile Dental Clinic

In 2018, Ajman University rolled out a brand new mobile clinic to deliver dental care to the doorsteps of underserved populations, especially the elderly and those who are unable to travel due to injury, illness, or mobility issues. The clinic also visited immigrant laborers to provide complimentary checkups and treatments onsite. The sleek dental clinic features wheelchair access and is equipped with the latest tools for state-of-the-art patient care. Two fully-equipped units on board meet international regulations and can accommodate up to 40 patients daily. The mobile dental clinic is a natural extension of the University's overarching commitment to community service.

Since 2018, Ajman University (AU) mobile dental clinic, in collaboration with the Office of Community Services, has been an essential oral health resource for the community, bringing free basic dental services to the community, especially those who are frail, people of determination and school students, providing quality dental care from specialists to an average of 2500 citizens and residents annually all over the UAE.

<https://community.ajman.ac.ae/mobile-dental-clinic>

2. AU Dental Hospital

The College of Dentistry's dental clinics have a contemporary design with modern dental units and x-ray rooms and are provided with the latest dental materials, instruments, and equipment. **Free-of-charge** comprehensive dental treatment for all patients ensures a regular flow of dental cases for clinical training, skills development, and research requirements during the clinical phase of dental education programs.

The AU-COD dental services are provided to all patients FREE OF CHARGE. Over the last decade, this has attracted many patients seeking dental treatment (over 90,000).

<https://www.ajman.ac.ae/en/dentistry/clinics/dental-clinics>

3. AU Pediatric Dentistry Clinic

The Pediatric Dentistry Clinic at Ajman University, inaugurated in 2021, is a testament to the institution's unwavering commitment to promoting good health and well-being within the community. The seven specialized clinics provide comprehensive dental care tailored specifically for children, setting it apart as a specialized center for pediatric oral health.

The clinic's significance extends beyond traditional healthcare services. It's characterized by its nominal registration fee, making it accessible to a wide range of families, and it offers free treatment for children up to 15 years. It goes beyond conventional care by addressing Pediatric Oral Diseases (POD) and ensuring the comfort and accessibility of young patients.

Daily, the clinic manages a substantial load of 15-20 patients, collectively serving over 2400 children annually. Operating for eight hours daily, it maintains a high standard of care through the dedication of 5-7 resident doctors and 1-2 faculty supervisors. The year 2022 saw the opening of 656 new patient files, highlighting the clinic's expanding reach and the growing trust within the community.

The Pediatric Dentistry Clinic at Ajman University stands as a beacon of hope for families seeking affordable and expert pediatric dental care. Promoting oral health from a young age actively contributes to the overall health and well-being of children and their families, ultimately supporting the university's alignment with SDG 3 and its vision for a healthier, more inclusive society.

<https://www.ajman.ac.ae/en/dentistry/clinics/pediatric-dentistry-clinic>

4. Ajman University Holds Flu Vaccination Campaign

Ajman University conducted a Flu Vaccination Campaign with Emirates Health Services (EHS). Over 250 students, faculty, staff, and external community members were vaccinated at AU's Medical Clinic, emphasizing the importance of flu vaccinations and preventive measures, aligning with health-related Sustainable Development Goals.

<https://www.ajman.ac.ae/en/news/2022/ajman-university-holds-flu-vaccination-campaign>



5. Pink October month: Breast Cancer awareness month

During Breast Cancer Awareness Month, Ajman University hosted webinars with Burjeel Specialty Hospital to raise awareness about breast cancer. A seminar with Amina Hospital featured Dr. Suhasini Gupta, discussing treatment and early detection. The Health and Wellness Club organized activities, including a Pop Quiz contest, to promote awareness. The "Early Detection for Your Protection Event" educated female students about breast cancer and encouraged early screening, contributing to health and well-being.

<https://www.ajman.ac.ae/en/en/media/news/2022/ajman-university-holds-together-we-can-breast-cancer-awareness-campaign>

<https://www.ajman.ac.ae/en/news/2022/ajman-university-conducts-seminar-on-breast-cancer-awareness>

<https://www.ajman.ac.ae/en/pharmacy/news/2022/breast-cancer-awareness-day>



6. First Aid

Ajman University promotes First Aid as a vital skill, offering practical training in First Aid box assembly, enhancing inclusivity. They've organized an online "First Aid for Burns" workshop, reinforcing their commitment to community health and safety. Additionally, Mrs. Al Amiry, a certified first-aid instructor, conducts training courses to benefit the UAE community.

Office of Environmental Health and Safety also engages in organizing yearly events to train volunteered students, staff, faculty, and alumni in CPR skills and Fire Marshalls for enhancing the campus safety.

<https://www.ajman.ac.ae/en/directory/staff/alaa-mohammad-ibrahim-al-amiry>

<https://sustainablecampus.ajman.ac.ae/en/news/2022/empowering-fire-marshals-for-enhanced-campus-safety>

<https://sustainablecampus.ajman.ac.ae/en/news/2022/equipping-faculty-and-staff-with-life-saving-cpr-skills>

<https://www.ajman.ac.ae/en/news/ajman-university-celebrates-world-first-aid-day>

<https://www.ajman.ac.ae/en/activity/2022/online-training-workshop-for-health-and-safety-titled-first-aid-for-burns-2021-2022>



7. Mental health

Ajman University is committed to promoting mental health and well-being among its students and the wider community. To this end, the university organized several events and activities. The Deanship of Student Services hosted the International Forum on Education and Mental Health, exploring the impact of COVID-19 on education and student well-being. The College of Mass Communication conducted a workshop on the fundamentals of mental health, providing essential insights and strategies for maintaining mental well-being. In addition, a networking event titled "How to maintain your mental health and academic success" helped students learn how to balance their mental health with academic responsibilities. An online awareness session addressed the impact of bullying and effective prevention strategies. These initiatives demonstrate Ajman University's commitment to raising awareness about and supporting mental health, benefiting students and the broader community.

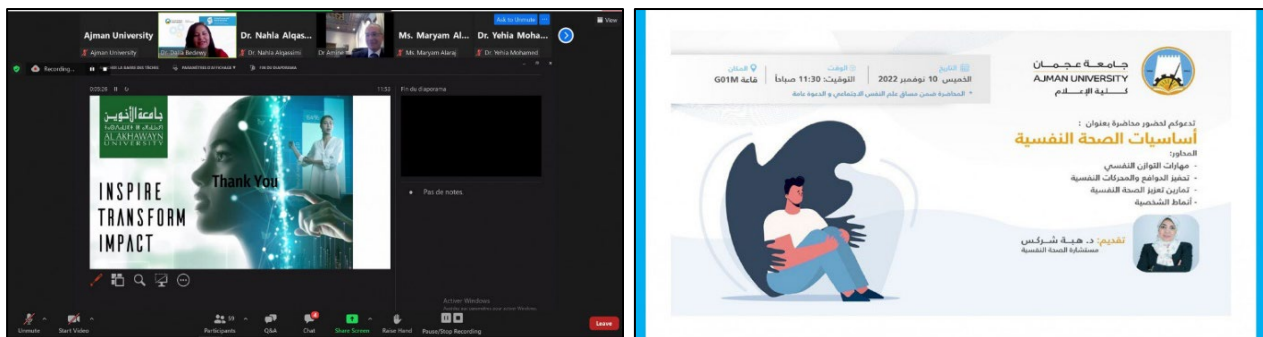
<https://www.ajman.ac.ae/en/student-life/counseling-unit/events-and-activities>

<https://www.ajman.ac.ae/en/news/2022/deanship-of-student-services-organizes-international-forum-on-education-and-mental-health>

<https://www.ajman.ac.ae/en/masscom/news/2022/promoting-mental-health-in-a-workshop-at-the-college-of-mass-communication>

<https://www.ajman.ac.ae/en/activity/2022/networking-event-titled-how-to-maintain-your-mental-health-and-academic-success-2021-2022>

<https://www.ajman.ac.ae/en/activity/2022/online-awareness-session-the-impact-of-bullying-and-how-to-prevent-the-spread-2021-2022>



8. Diabetes Awareness and Precaution Campaign

Ajman University's diabetes awareness campaign featured a lecture titled "30-Day No Sugar Challenge," promoting health and wellness while reducing obesity. Additionally, AU collaborated with Thumbay University Hospital and Z'NEEM Healthcare group for the "Walk Away from Diabetes" campaign. Dr. Mahir Jallo delivered a lecture on diabetes, and attendees received gifts and vouchers. Z'NEEM Healthcare group conducted blood sugar tests for 125 participants, reinforcing AU's dedication to diabetes awareness and prevention.

<https://www.ajman.ac.ae/en/activity/2022/an-awareness-lecture-by-chef-factory-entitled-30-day-no-sugar-challenge>

<https://www.ajman.ac.ae/en/news/2022/ajman-university-marks-world-diabetes-day>



Ad Hoc events:

1. Ajman University Hosts "Improve Your Health with Deep Breathing" Workshop for Its Students

Through its Athletics Unit, AU's Office of Student Life arranged an on-campus deep breathing workshop guided by AU's Sports Activities Supervisor, Mr. AbdulHamid Bakour. This session focused on enhancing the well-being of 40 participants, physically and mentally, by educating them on the advantages of deep breathing and its techniques. The purpose was to equip students with stress reduction and relaxation skills while encouraging them to integrate these exercises into their daily routines.

<https://www.ajman.ac.ae/en/news/2022/ajman-university-hosts-improve-your-health-with-deep-breathing-workshop-for-its-students>



2. Ajman University Marks World Diabetes Day

In collaboration with Thumbay University Hospital and Z'NEEM Healthcare, Ajman University organized a 'Walk Away from Diabetes' campaign to raise awareness. Dr. Mahir Jallo delivered a lecture on diabetes, and Z'NEEM Healthcare conducted screening and tests for 125 participants, followed by Health and Wellness club activities promoting lifestyle improvements and diabetes prevention.

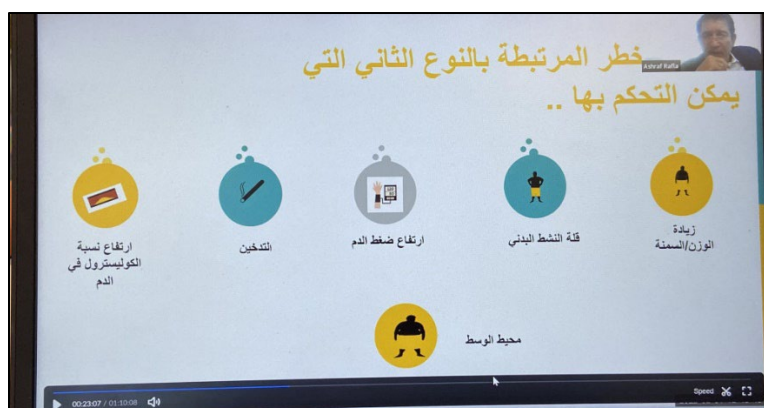
<https://www.ajman.ac.ae/en/news/2022/ajman-university-marks-world-diabetes-day>



3. Webinar Series on Health and Happiness Enlightens Students

The Ajman University Athletics Unit, in conjunction with Dr. Ashraf Nazmi, a nutritionist from the Ministry of Health and Prevention, organized a series of remote health sessions focusing on diabetes, heart diseases, eating habits, and a healthy lifestyle. The sessions emphasized the importance of exercise, balanced diets, and proper sleep. Participants included students and guests from various organizations and schools.

<https://www.ajman.ac.ae/en/news/2022/webinar-series-on-health-and-happiness-enlightens-students>



4. Healthy Nutrition for Athletes ... Are Anabolic Steroids included?

Ajman University's College of Pharmacy and Health Sciences, in collaboration with the Health and Wellness Club and Athletics Unit, organized an online event to educate students and the community about healthy diets and athletes' misuse of anabolic steroids. The event featured expert speakers discussing nutrition for athletes, the effects of steroid use, and a documentary on steroids. Coach Manal AlKatalbi discussed 'Protein Power and Steroids.' The event concluded with a Kahoot! game, awarding winners and participants

<https://www.ajman.ac.ae/en/pharmacy/news/2022/150422-010310>



5. Online Aerobics Session for Hostel Students

The Student Housing Office in coordination with the Office of Student Life organized an online aerotensity class for hostel occupants during the mid-term examinations period. The aim of this online activity was to minimize any stress experienced by students and to play an active role in keeping them physically fit and active.

<https://www.ajman.ac.ae/en/activity/2022/online-aerobics-session-2021-2022>

<https://www.ajman.ac.ae/en/activity/2023/sports-day-and-salad-making-competition>

