



جامعة عجمان
AJMAN UNIVERSITY

SDG #3 GOOD HEALTH AND WELL-BEING





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3.3.1. Current Collaborations with Health Institutions

Ajman University forms strategic alliances with healthcare providers, universities specializing in medical sciences, and relevant medical industries. These collaborations provide various services to students, alums, staff, faculty, and their families, occasionally extending to community outreach programs, including free camps and services.

These initiatives aim to enhance students' health education, raise awareness about health risks and life-threatening diseases, and guide preventive measures for overall well-being. These efforts align with Sustainable Development Goal 3 (SDG 3), ensuring healthy lives and promoting well-being for all.

Local collaborations

1. Amina Hospital, Ajman

In 2021, an MoU was inked between the two organizations, paving the way for discounted medical services, including checkups, vaccinations, and consultations for the university community. Initial mandatory student checkups at Ajman University are integral to this partnership. Moreover, joint events such as breast cancer awareness initiatives serve as a platform to educate students, faculty, and staff on vital topics, including disease prevention, COVID-19 precautions, and female health education.

<https://www.ajman.ac.ae/en/mou/amina-hospital>

<https://www.ajman.ac.ae/en/student-life/health-services/medical-check-up-instruction>

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



2. Saudi German Hospital, Ajman

Ajman University and Saudi German Hospital – Ajman have established a significant partnership. This collaboration offers exclusive fee discounts to Ajman University's staff, students, and families. Furthermore, both institutions actively share events, organize activities, conduct conferences, raise awareness, and deliver educational lectures. This holistic approach enhances healthcare and the well-being of the university community.

<https://www.ajman.ac.ae/en/mou/saudi-german-hospital-ajman>

<https://www.ajman.ac.ae/en/news/2022/saudi-german-hospitals-health-check-for-au-community>

<https://www.ajman.ac.ae/en/medicine/clinical-partners>



Regional/National collaborations

1. Emirates European Hospital

Ajman University has signed an MoU with Emirates European Hospital in Sharjah to collaborate on various joint initiatives, primarily focusing on internship opportunities for health and sciences students. Additionally, this partnership extends special discounted rates for medical treatment in all hospital departments to the Ajman University community.



<https://www.ajman.ac.ae/en/mou/emirates-european-hospital>

2. COVID-19 Screening and Vaccination Drive by National Health Provider

In partnership with Ajman Medical Zone and Tamouh Healthcare Company, Ajman University established an on-campus COVID-19 screening and vaccination center. This service was open to all students, staff, faculty, alums, and their families, aligning with government guidelines for precautionary measures. The facility was operational until November 2022, providing a crucial resource to the university community.

<https://www.ajman.ac.ae/en/news/ajman-university-marks-a-new-milestone-by-launching-covid-19-screening-and-vaccination-center-with-tamouh-healthcare>



3. NMC Medical Centre L.L.C.

NMC Medical Centre LLC collaborates with Ajman University as a discounted partner for the student medical checkup, a mandatory registration requirement. This partnership also extends special offers and discounts on specific hospital services and procedures, enhancing the well-being of university students.

<https://www.ajman.ac.ae/en/mou/nmc-medical-centre-llc>
<https://www.ajman.ac.ae/en/student-life/health-services/medical-check-up-instruction>

Global collaborations

1. Thumbay University Hospital, UAE and India

In November 2022, Ajman University's Offices of Medical Services and EHS, in collaboration with the Health and Wellness Club, conducted an awareness session to commemorate World Diabetes Day. The session featured insights from a Consultant in Internal Medicine and Endocrinology from Gulf Medical University & Thumbay Hospital University, focusing on educating our community about diabetes prevention and detection.

<https://www.ajman.ac.ae/en/mou/thumbay-university-hospital>
<https://www.ajman.ac.ae/en/news/2022/ajman-university-community-to-benefit-from-discounts-at-thumbay-university-hospital>
<https://www.ajman.ac.ae/en/news/2022/ajman-university-marks-world-diabetes-day>





2. Leader Healthcare Group - Global

Ajman University and Leader Healthcare Group celebrated Healthcare Simulation Week, advancing simulation-based education for 50 students and supporting the preparation of a medical simulation unit at the College of Medicine. This collaboration enriches the learning experiences of aspiring medical professionals.

<https://www.ajman.ac.ae/en/news/2022/ajman-university-partners-with-leader-healthcare-group-in-aus-healthcare-simulation-week>



3. Pharmaglobal

Pharmaglobal, an international medical education platform for healthcare providers, offers a range of continuing education programs to enhance the skills of health professionals in patient care. These programs cover various topics, including asthma, diabetes, allergies, ischemic heart disease, conflict management, and communication skills, through webinars, certificate programs, and collaborations at different levels. They cater to the continuing education needs and licensure requirements of pharmacists, nurses, and physicians.

<https://www.ajman.ac.ae/en/mou/pharma-global>



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/alaamohammadibrahimalamiry>

<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.

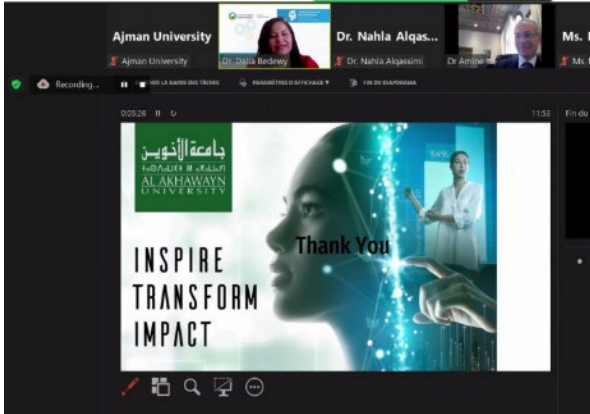
<https://www.ajman.ac.ae/en/student-life/counseling-unit/events-and-activities>

<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?

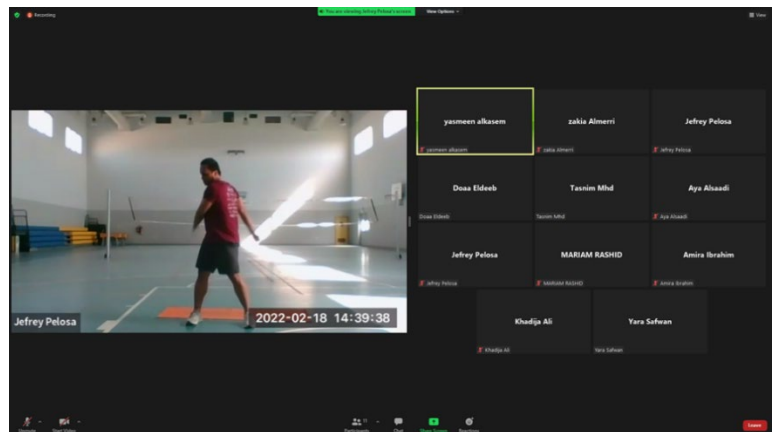
Ajman University's College of Pharmacy and Health Sciences, in collaboration with the Health and Wellness Club and Athletics Unit, organized an online event to educate students and the community about healthy diets and athletes' misuse of anabolic steroids. The event featured expert speakers discussing 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>

3.3.3. Shared Sports Facilities

1. Shared Sports Facilities

Unit of Athletics

The Office of Student Life's Athletics Unit hosts various sports activities and programs, enhancing students' skills under expert guidance. They can utilize a modern sports complex, including indoor lounges, a pool, and a gym. The unit prioritizes health awareness, creating an environment that complements education and sporting aspirations. Moreover, the university offers free access to multiple community organizations, partner schools, and government entities. Additionally, university staff's family members can enjoy complimentary access to sports facilities on weekends.



<https://www.ajman.ac.ae/en/student-life/office-of-student-life/athletics>

Alumni access to AU Sports Complex

As part of our commitment to the good health and well-being of our students, alums, and community, the Office of Development has collaborated with the Unit of Athletics to provide free access to its sports complex during the designated hours.



<https://alumni.ajman.ac.ae/page/services>

Winter Fest 2022

As part of Ajman University's Winter Fest 2022, 'Bringing you closer to the Community,' the Athletics Unit organized sports activities for two groups of junior and senior students belonging to schools in Ajman and other Emirates in the UAE. The sports activities were held from December 19 - 21, 2022.



<https://www.ajman.ac.ae/en/news/2023/encouraging-athleticism-in-the-community-at-au-winter-fest-2022>



2. Sports Facilities at Ajman University Campus

Indoor football court



Outdoor Football ground



Table Tennis corner



Cricket Ground



Fully Equipped Gymnasium – Male and Female





Basketball Court



Swimming Pool



Multi-Purpose Hall



3. Sports activities and Physical Health initiatives at Ajman University

Winner of the 'Healthy Sports Campus' Competition by the Arab University Sports Federation

In January 2022, Ajman University was awarded the bronze level by the Arab University Sports Federation (Arab USF) in its 'Healthy Sports Campus' competition. The award emphasizes the importance of integrating physical health and well-being through sports in all aspects of a university's campus to improve the lifestyle of students and the surrounding community.



<https://www.ajman.ac.ae/en/news/ajman-university-is-a-proud-winner-in-healthy-sports-campus-competition-by-arab-university-sports-federation>

Ajman University Holds Series of Interviews with Sports Stars

The Unit of Athletics in the Office of Student Life at Ajman University (AU) held a session as part of the Student Athlete Series, featuring student athlete Humaid Hassan Al Matroshi. The aim of the event was to promote the importance of sports, encourage student participation and enhance sports at the university.



<https://www.ajman.ac.ae/en/news/2022/ajman-university-holds-series-of-interviews-with-sports-stars>

Ajman University Hosts 'The Best Exercises for Senior Emiratis' Event

20 local seniors gathered for an hour of fitness session that included several exercises and healthy living conversations organized by the Unit of Athletics under the Office of Student Life at Ajman University (AU). The event aims to promote positivity and mental health throughout the sessions.



<https://www.ajman.ac.ae/en/news/2022/ajman-university-hosts-the-best-exercises-for-senior-emiratis-event>

Ajman University Hosts “Improve Your Health with Deep Breathing” Workshop for Its Students

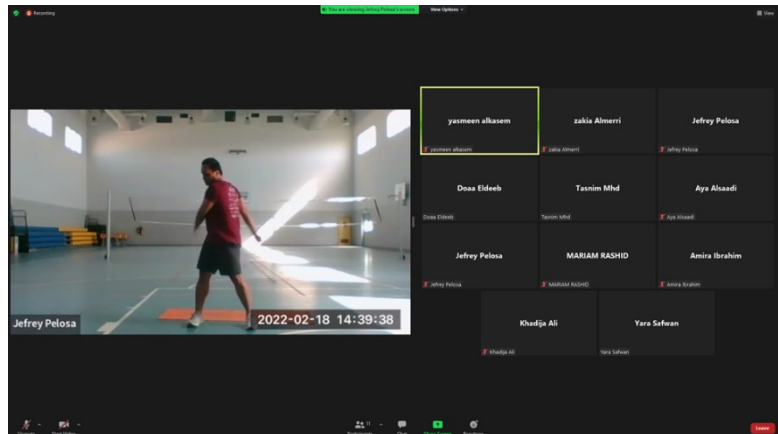
The Unit of Athletics under the Office of Student Life at Ajman University (AU) organized a deep breathing exercise session on campus, led by Mr. AbdulHamid Bakour, Sports Activities Supervisor at AU. The session was aimed at promoting the behavioral and physical health of the participants. 40 students learned deep breathing techniques for stress reduction and relaxation. It will teach them to incorporate breathing exercises into their daily lives.



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

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>

3.3.4. Women's Reproductive and Sexual Health Care

1. Office of Medical Services:

AU, as a responsible entity, understands that Adolescents need access to high-quality, comprehensive, and confidential sexual and reproductive health services and education. Several events are held around the year to educate students on sexual and other premarital transmissible diseases. Office of Medical Services provides guidance, support, education, and initial investigation on "Women's Reproductive and sexual health care."

<https://www.ajman.ac.ae/en/student-life/health-services/reproductive-and-sexual-healthcare-guidance>

2. AU Women Empowerment Council:

Ajman University Women Empowerment Council (AUWEC) was established in March 2022 to empower AU women in various fields, promote research participation, and celebrate their achievements. Chaired by Dr. Nahla Al Qasimi, Dean of Student Services, AUWEC focused on supporting female health and professional guidance. Collaborating with the Office of Medical Services, Student Counseling unit, College of Medicine, and medical partners, AUWEC organized events and discussions on sensitive topics, including female sexual and reproductive health.

<https://wec.ajman.ac.ae/en/services/womens-reproductive-and-sexual-health-care>

3. Medical Insurance:

AU also offers full medical health check-ups for free to all its students, including screening for highly transmissible diseases, under the guidance of the medical office on necessary precautions, support, treatments, and causes.

https://www.ajman.ac.ae/upload/files/Medical_Checkup_PDF.pdf

4. Resources on Sexual healthcare at AU Library:

AU students and the local community can access the open databases on the AU Library portal <https://library.ajman.ac.ae/>, which has detailed information on sexual and reproductive healthcare topics, causes and effects, precautions, treatments, and associated myths. Regular sessions are conducted by Library services to educate students about the open databases and how they can access them

<https://library.ajman.ac.ae/using-online-resources>

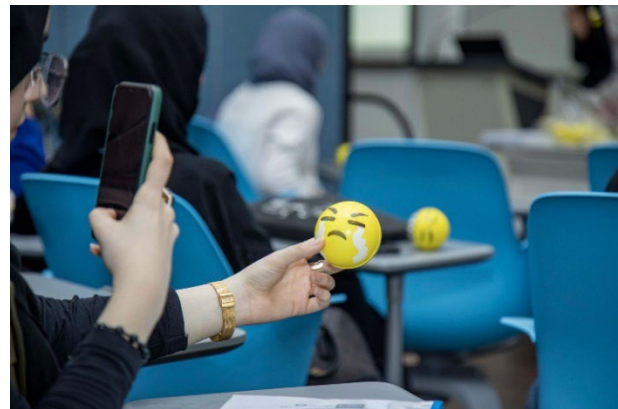
3.3.5. Mental Health Support

1. Student Counselling Unit

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

Office of Student Counseling provides free access to mental health care services and sessions to all its students, alums, staff, faculty, parents, and families of staff members. The benefits include Individual and Group counseling sessions based on the individual requirement. The sessions are highly confidential, and records on student mental health are maintained in collaboration with the Office of Medical Services.

The Counseling Unit provides up to four free individual counseling sessions for AU students, staff, and faculty, addressing various issues like personality exploration, relationship challenges, self-esteem, fatigue, isolation, mood fluctuations, and depression.



Individual Counseling:

Working individually with a professional counselor offers numerous benefits. It provides relief to share your struggles with an impartial listener, whether you have ongoing concerns, new difficulties, or a sense that something is amiss.

Group Counseling:

Open agenda group sessions are effective in addressing various issues. They help you explore your interpersonal relationships and benefit from shared experiences and support.

After scheduling a session with the counselor, it can be conducted in the office or through telemental health services like Zoom, phone consultations, or WhatsApp chats.

Students supporting students

One of the most valuable resources students have at the University is each other. Providing support is not always easy. In this context, the following thoughts may be helpful:

- Individuals should be realistic about what they can offer in terms of support.
- They can play a role in building a support network, emphasizing that being a friend's sole or primary source of support may be overwhelming and compromise objectivity. Encouraging friends to have multiple sources to turn to is essential.
- Encouraging a friend to seek professional help is a beneficial step, and it's worth exploring any barriers preventing them from doing so.

Student counseling units also offer students the chance to support each other academically by facilitating a student network for discussing course-related topics and explaining concepts to one another.

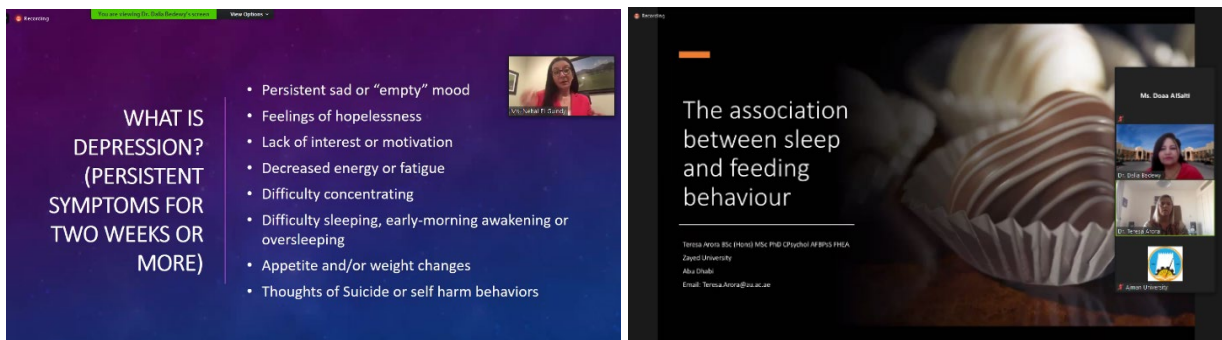
Let's Talk/Let's Tele Talk

"Let's Talk/Tele Talk" is a program that offers convenient access to informal consultations with a counselor during specific hours, with no need for prior registration.

This program is ideally suited for the following individuals:

- Students who are uncertain about counseling wish to experience what it's like to talk with a counselor;
- Students who face specific problems and are seeking someone to discuss them with;
- Students who are concerned about a friend and seek guidance on how to handle the situation;
- Students who are not interested in ongoing counseling value the perspective of a counselor.

Meetings are conducted on a first-come, first-served basis. "Let's Talk/Tele Talk" connects AU students with the counseling unit, providing support without needing an appointment.



Parental counseling and lectures

The Counseling Unit provides psychological services for parents because this will reflect on student's mental health.

Alumni Counseling

The Counseling Unit, in partnership with the Office of Development and Alumni Affairs, provides complimentary short-term consultation sessions for alumni and their parents. These consultations can be conducted through various means, including WhatsApp, Zoom meetings, email, and phone calls.

Academic accommodation for students with disability

The Counseling Unit provides reasonable academic accommodation for students with disabilities. Counseling is beneficial for those looking to:

- Seamlessly integrate into university life
- Enhance their skills and abilities

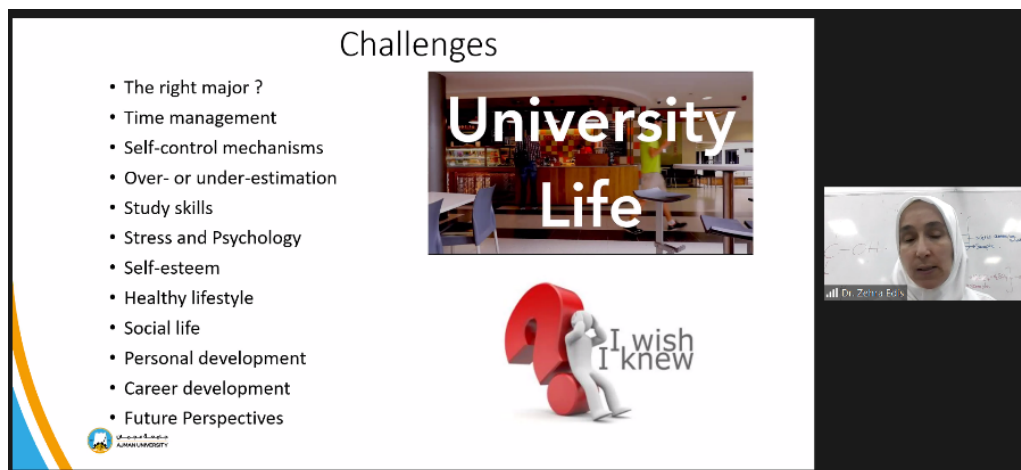
- Improve their communication skills
- Gain insights into achieving success and excellence
- Cultivate self-confidence
- Develop more effective time-management skills
- Address and overcome feelings of fear and anxiety

The Counseling Unit provides support for a variety of issues, encompassing stress, anxiety, depression, relationship challenges, and sleeping disorders.

2. Policy on Student Counselling Services

The policy for Student Counselling can be accessed from:

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



Challenges

- The right major ?
- Time management
- Self-control mechanisms
- Over- or under-estimation
- Study skills
- Stress and Psychology
- Self-esteem
- Healthy lifestyle
- Social life
- Personal development
- Career development
- Future Perspectives

University Life

I wish I knew

Dr. Zeina Ebs

3. Workshops

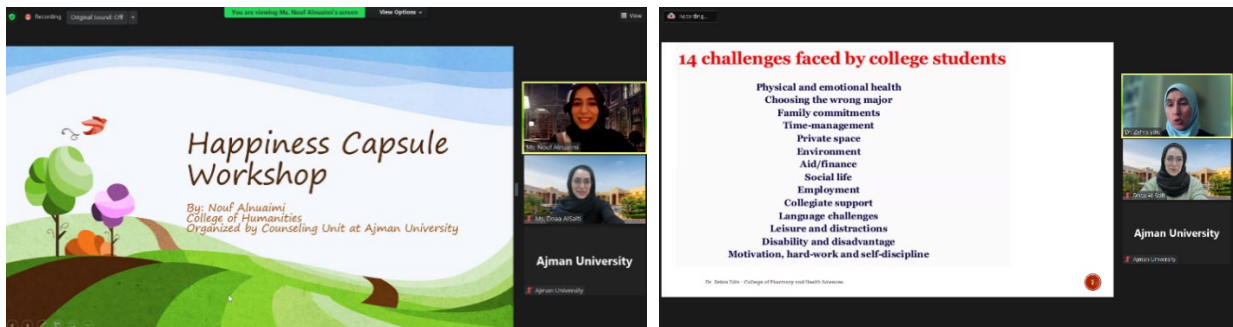
Numerous mental health events take place year-round at various locations such as Medical Services, hostels, sports complexes, and more. The workshop schedule is accessible at:

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



4. Events and Activities

The Counseling Unit organizes workshops and events throughout the year, addressing various mental health and personal development topics, such as university success, study tips, time management, problem-solving, and more. These events are conducted by faculty members from different colleges and provide valuable insights and guidance to students. The counseling newsletter can be accessed at:



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

<https://www.ajman.ac.ae/en/news/2022/ajman-universitys-winter-fest-2022-familiarizes-youth-with-best-practices-in-health-and-hygiene>

<https://www.ajman.ac.ae/en/news/2022/world-mental-health-day-symposium-at-ajman-university>

<https://www.ajman.ac.ae/en/news/2022/au-students-stand-up-against-street-harassment>

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

<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/student-life/residence-life-and-housing/past-hostel-activities>

3.3.6. Smoking Policy

The purpose of this policy is to reduce smoking on campus, provide support for individuals looking to quit, deter incoming students from adopting smoking as a habit, and raise awareness of smoking hazards.

Ajman University (AU) maintains a partially smoke-free campus, with designated smoking zones in outdoor areas.

In pursuit of continuous improvement, the Health and Safety Committee at AU periodically reviews the Smoking Policy, engages in benchmarking with other educational institutions, and has recently developed a more comprehensive policy. The locations of designated smoking areas are outlined in the Policies and Procedures Manual (PPM), accessible online through AU's website.

To further endorse this policy, the Office of Environmental Health & Safety conducts various anti-smoking campaigns aimed at raising awareness about the health risks associated with smoking.

The Smoking Policy strictly prohibits smoking within university buildings, facilities, and Student Residential Halls.

It can be accessed at:

https://www.ajman.ac.ae/upload/files/ehs/Smoking_Policy_April_2022.pdf

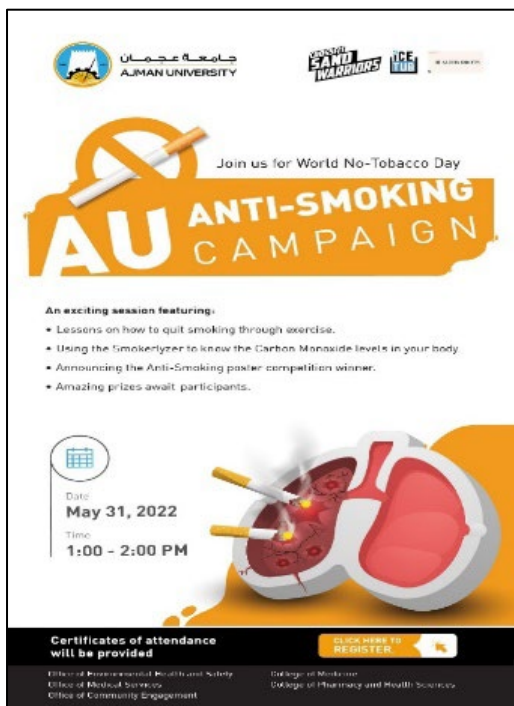
AU Environmental Health & Safety page with information on designated smoking areas:


<https://www.ajman.ac.ae/en/institutional-documents/au-environmental-health-and-safety>


Anti-Smoking Campaign

In May 2022, the Office of Environmental Health and Safety, in collaboration with the Office of Community Engagement, organized an anti-smoking campaign. The event's primary objective was to raise awareness, particularly among university students, about the detrimental impact of cigarette smoking on smokers' health, behavior, and social life.

<https://www.ajman.ac.ae/en/news/2022/au-anti-smoking-campaign>









Join us for World No-Tobacco Day

AU ANTI-SMOKING CAMPAIGN

An exciting session featuring:

- Lessons on how to quit smoking through exercise.
- Using the Smokerlyzer to know the Carbon Monoxide levels in your body.
- Announcing the Anti-Smoking poster competition winner.
- Amazing prizes await participants.


Date
May 31, 2022
Time
1:00 - 2:00 PM



Certificates of attendance will be provided

[CLICK HERE TO REGISTER](#)

Office of Environmental Health and Safety
 Office of Medical Services
 Office of Community Engagement

College of Medicine
 College of Pharmacy and Health Sciences



Join us for World No-Tobacco Day

AU ANTI-SMOKING CAMPAIGN

Program Details

Time	Topic	Speaker
1:00 - 1:04	Opening note (Brief about event and welcoming remarks)	Maya Haddad EHS Coordinator
1:04 - 1:05	Introducing the speakers	Elise Bejjani EHS Coordinator
1:05 - 1:26	<ul style="list-style-type: none"> • Lessons on how to quit smoking through exercise. • Live Circuit demonstration • Amazing discounts at Crested Sand Warriors, Ice Tub, and Healthy Roots for attendees. 	Majed Al Naximi Owner of Crested Sand Warriors gym
1:26 - 1:38	Introducing the Innovative service of Smokerlyzer: how to use it to know the Carbon Monoxide levels in your body and help you stop smoking (Available at AU Clinic)	Dr. Felta Djissas Office of Medical Services
1:38 - 1:48	Innovative ways to encourage people to quit smoking based on the Swedish Model	Dr. Ibrahim El Scrifi College of Medicine
1:48 - 1:58	Smoking cessation research project between a pharmacist and a dentist to help smokers quit- call for volunteers for the free of charge quitting program	Dr. Sarah Havan College of Pharmacy and Health Sciences
1:58 - 2:00	Announcing the Anti-smoking campaign poster competition winner and closing remarks	Maya Haddad Maryam Al-Hattai-Student/ College of Business