



SDG 3: Good Health & Well-Being

Ensuring Healthy Lives and Promoting well-being at all ages is essential

For Sustainable Development

Free Medical Day at Amman Arab University

In line with the belief of Amman Arab University in social responsibility and its commitment to the values of giving and solidarity and under the auspices of the President of the University, Prof. Mohamed Al-Widyan, the University organized jointly between the Deanship of Student Affairs, the College of Pharmacy and the Health Center at the University, in cooperation with the Ministry of Health, the National Center for Women's Health, First Insurance Company and Doctors Without Borders "Free Medical Day" as part of the "Mozn Oman Arab" initiatives to serve the local community, students and university staff.

Prof. Mohamed Al-Widyan, President of the University, welcomed the companies participating in the medical day, and indicated that these activities are of great benefit to the local community, university employees and students because the medical service constitutes a basic humanitarian service and that such activities develop cooperation and partnership between the university and local community institutions.

In his speech, Dr. Khalid Bani Hamdan, Dean of Student Affairs, welcomed the attendees and thanked the entities supporting the activity. He added that such activities serve many entities, especially the local community, students and University employees, especially with the participation of various companies with long experience in the medical field.

In turn, the representative of the National Center for Women's Health Care thanked the Arab University of Amman for organizing such activities that serve the country and society and thanked the Deanship of Student Affairs for their work in order to complete all the equipment and arrangements that were reflected in the activity that serves everyone.

The medical day included many clinics, including: ophthalmology, gynecology clinics, children, bone fragility, and nutritional consultations provided by the Positive Thinking Company, King Hussein Cancer Center, and Medlab Medical Laboratory. Free medicines and vitamins were distributed to reviewers. A team of volunteers from the Deanship of Student Affairs and the College of Pharmacy also participated in organizing and assisting Reviewers of the free medical day with the competent authorities, including conducting many surgeries in Jordanian hospitals.



Breast Cancer Awareness Campaign at Amman Arab University

Based on the social responsibility of Amman Arab University and in cooperation with the Jordanian Breast Cancer Program of the King Hussein Cancer Foundation, the College of Pharmacy at Amman Arab University held an awareness day about breast cancer and the importance of early detection, under the auspices of Prof. Ikhlas Tarawneh, Vice President for Academic Affairs, on behalf of Prof.

Mohamed Al-Widyan, President of the University, and in the presence of the Dean of the College of Pharmacy, Prof. Dr. Rana Abu Hweij, the Dean of Student Affairs, Dr. Khaled Bani Hamdan, a number of members of the faculty and administrative staff, and a group of students.

The event included an introductory lecture on the Jordanian Breast Cancer Program, delivered by Dr. Pharmacist Dina Shafei, followed by a lecture by Pharmacist Dr. Sama Khreisat on the causes of breast cancer, methods of self-examination and the importance of early examination in women. A breast cancer survivor recounted her recovery journey, which spread positive energy among the audience emphasizing the importance of early examination to recover from the disease.

The awareness day included the design of an awareness corner, where awareness and educational brochures were distributed, and those interested were provided with additional information about self-examination and the importance of early examination. Clinical examination service was also provided by the health center at the university in cooperation with the Jordanian Breast Cancer Program for a group of women from the local community.

At the end of the event, the winner of the competition for the best educational video filmed by the students of Amman Arab University was announced and awarded the competition prize. Prof. Tarawneh presented the university shield to the Jordanian Breast Cancer Program in appreciation of their participation in making this day a success.



Amman Arab University organizes a special day for skin health and beauty

The College of Pharmacy at Amman Arab University organized an informative day focused on the importance of skincare and beauty titled "DERMA DAY," under the patronage of the President of Al- Amman Arab University, Professor Dr. Mohammed Al-Widyan. This event aimed to strengthen connections and integration with the local community, build bridges between the fields of science and the job market, and spread inspiration and change throughout society.

Dean of the College of Pharmacy, Professor Dr. Rana Abu Hawij, highlighted the significance of skin health and its importance for individual beauty. She emphasized that the skin reflects one's identity and expresses their concern for health and self-confidence. She highlighted the crucial role of pharmacy students in spreading health awareness to encourage community members to take care of the skin and providing essential cosmetic and pharmaceutical products to protect the skin from damage and diseases, ensuring the safety of handling and using these preparations in a manner that guarantees their effectiveness and quality.

As part of the event, the College of Pharmacy conducted an interactive workshop titled "Cosmetic Product Manufacturing in Jordan: Job Opportunities and Excellence," presented by Dr. Rasha Al-Eid. The workshop provided meaningful insights into successful opportunities within the cosmetic product manufacturing field, discussing the foundations of good manufacturing practices for cosmetic products and ensuring their compliance with global effectiveness, quality, and safety updates. The day they have also featured exciting competitions and valuable prizes to combine education and entertainment, spreading a positive competitive spirit.

The event encompassed an exhibition showcasing the best cosmetic pharmaceutical products for skincare, with participation from elite global companies specializing in skincare. Attendees enjoyed a unique experience exploring a diverse range of pharmaceutical products, along with educational guidelines for their safe usage and comprehensive answers to inquiries. Additionally, they could use complimentary samples of selected distinctive products.

At the end of the event, certificates of appreciation and commemorative shields were awarded to contributors who played a role in the event's success. This acknowledgment extended to various entities, including the student team (RBC), Bishrati Skin Center, Jaman Pharmaceutical Products Company, Salam Pharmacy Warehouse, Jordanian Pharmaceuticals Warehouse, Abu Sheikha Pharmaceuticals Warehouse, Abu Hamad Pharmaceuticals Warehouse, Al-Iman Pharmaceuticals Warehouse, Al-Rafiqah Pharmaceuticals Warehouse, and Rawafed Pharmaceuticals Warehouse.



Scientific Awareness Workshop at Amman Arab University on Eliminating Uterine Cancer in Jordan

College of Pharmacy, in cooperation with the Middle East Network for Community Health (AMvent) and the Ministry of Health, organized a scientific awareness workshop entitled "Stop cancer before it starts cervical cancer awareness session"" This workshop came as part of the campaign to accelerate the elimination process of uterine cancer in Jordan in an effort to implement the global strategy to accelerate the elimination of cervical cancer and the associated goals and objectives for 2030-2020, as a public health problem.

In this regard, Prof. Rana Abu Huwajj, Dean of the College of Pharmacy, said that this workshop aimed to disseminate health awareness and knowledge about cervical cancer and promote it and encourage community members to take preventive measures to maintain their health and work towards improving public health within a comprehensive strategy to combat diseases and promote prevention

The workshop was characterized by an effective interaction during which questions were asked and comprehensive ideas and information about the causes and risk factors associated with this type of cancer were exchanged, in addition to highlighting the importance of early detection and how to promote prevention. The workshop also included a first test to measure the current knowledge of the audience about cervical cancer.

Prof. Abu Howaij thanked her for the attendance and wonderful interaction stemming from the awareness of the students of the College of Pharmacy of the great role placed on them and their community responsibility in the process of awareness and guidance to get rid of this disease, stressing the need to take advantage of the opportunities available to us now, such as vaccination against the human papillomavirus and treatment against possible cervical lesions and cervical cancer, so that we can leave behind all of us a great legacy that enables girls who are born today to live to see a world free of this disease.



Mental health support

The University provides free mental health support for both students and staff. It also provides ongoing and long-term support through the student disability services. The University also provides access to doctors and health counsellors for students with urgent mental health problems. All staff have access to a free counselling service, and the university runs staff training sessions on mental health and wellbeing at work.



جامعة عمان العربية
AMMAN ARAB UNIVERSITY

متابعة الطلبة ذوي الإعاقة وإرشادهم ودعمهم

المقدمة

إيماناً من جامعة عمان العربية بمسؤوليتها المجتمعية، ودورها التنموي في المجتمع ومساهمتها للتميز، وإيمانها بالعدالة والمساواة بين الطلبة وتوفير التعليم الجيد للطلبة من ذوي الإعاقة للاندماج ببرامج الجامعة وخدماتها وشبقتها المتكفمة مع توفير البيئة الجامعية الفنية والداعمة لهم، بما يكفل متطلبات الأشخاص من ذوي الإعاقة، وحقوق التي كفلها قانون الأشخاص ذوي الإعاقة رقم (31) لسنة 2007، لذلك سعت جامعة عمان العربية جاهدة إلى توفير كل ما يكفل حياة أكاديمية وتربوية ميسرة لذوي الإعاقة، وتوفير الخدمات الصحية والتعليمية والمهنية والتربوية والنفسية والعامّة أسوة بزملائهم الأصحاء بالجامعة، وذلك انطلاقاً من إيمانها بواجبها نحو تحقيق العدالة والتنمية المجتمعية المستدامة، وتوفير التعليم للجميع دون تمييز.

وإيماناً من الجامعة أن الإعاقات متباينة ما بين الإعاقات الجسدية والحركية والعقلية والتطويرية وأن لكل نوع منها احتياجات خاصة، وأن هذه الإعاقات على اختلاف أنواعها ودرجات متباينة قد تعيق ممارسة الأنشطة الحياتية، لذا يأتي هذا البروشور ضمن جهود الجامعة في إعداد السياسات والإجراءات التي تدعم هذه الفئة من الطلبة في سعيها تأمين الظروف المناسبة لكل طالب وفقاً لإعاقة لدعمه في كل مرحلة من مراحل الحياة الأكاديمية في الجامعة.

يأتي هذا البروشور لدعم الطلبة من ذوي الإعاقة للتعريف بحقوقهم، وواجباتهم، وألية التعامل معهم وإرشادهم، ودعمهم لإكمال مسيرتهم الجامعية بنجاح في ظروف أمثاله من ذوي الإعاقة.

الأهداف

1. تقديم الدعم النفسي الاجتماعي سعياً لتحقيق الصحة النفسية والتكيف لدى الطلبة ذوي الإعاقة، ونشر المناخ الجامعي الأمن.
2. تحقيق الدمج الأكاديمي والاجتماعي للطلبة من ذوي الإعاقة والتوافق مع متطلبات الجامعة بما يكفل اندماجهم ومشاركتهم الإيجابية في مختلف البرامج والأنشطة الجامعية.
3. تهيئة البيئة الجامعية الملائمة والأمنة بما يتوافق مع كل حالة على حدة، وتوفير الدعم المناسب من الخدمات والوسائل المختلفة الخاصة بهم.
4. إشراك الطلبة ذوي الإعاقة في الأنشطة والمعاملات المختلفة وحسب قدراتهم الخاصة.
5. تقديم الإرشاد والدعم الأكاديمي والتربوي المناسب الذي يكفل تسهيل مسيرة الطلبة ذوي الإعاقة الجامعية وتحقيقهم لأهدافهم.
6. رفع مستوى الوعي بالإعاقة لتعزيز مجتمع جامعي شامل.

من هو الطالب ذي الإعاقة؟

بناءً على نص المادة (2) من قانون الأشخاص ذوي الإعاقة رقم (31) لسنة 2007، فإن الشخص ذا الإعاقة هو: "كل شخص مصاب بقصور كلي أو جزئي بشكل مستمر في أي من حواسه أو قدراته الجسمية أو النفسية أو العقلية إلى المدى الذي يحد من إمكانية التعلم أو التأهيل أو العمل بحيث لا يستطيع تلبية متطلبات حياته العادية في ظروف أمثاله من ذوي الإعاقة".

حقوق الطالب ذي الإعاقة

1. الحق في التسجيل بكافة برامج الجامعة وتخصماتها كغيره من الطلبة شريطة تحقيق متطلبات التسجيل والقبول بالجامعة وما تضمنه له التشريعات.
2. حق التواصل مع الجهات المختلفة في الجامعة لتسجيل حالته وتوثيقها.
3. الحق في بعض الاستثناءات بأن يعطى وتقييم بطرق وأساليب غير تقليدية تضمن استيعابه للمحاضرات بناءً على إعاقته؛ كأن يقوم شخص بمساعدة الطالب الذي لديه مشكلة حركية في يده، وذلك بكتابة الإجابة التي يملأها عليه الطالب، تزويد الطالب بنسخة إلكترونية للمحتوى على برنامج MS WORD ليتسنى تحويلها إلى لغة برايل... الخ.
4. الاستفادة من جميع الخدمات المتاحة والمشاركة في الأنشطة والبرامج الجامعية بشرط أن يحقق الطالب شروط الالتحاق من هذه الخدمات والأنشطة، ولا يترتب على مشاركته فيها إلحاق الأذى بنفسه أو بالآخرين.
5. حق الوصول إلى المباني الجامعية بصورة سلسة وأمنة.
6. العدالة في التعامل وعدم التمييز ضده بسبب إعاقته.
7. أن يتم التعامل مع ملف الطالب ذي الإعاقة بسرية، وعدم السماح بالإطلاع عليه إلا للمعنيين كمدرس المساق الذي يدرس الطالب، أو رئاسة الجامعة في حال تطلب الأمر اتخاذ قرار يتعلق بالطلبة، وفي الحالات الأخرى يجب الحصول على موافقة مسبقة من الطالب.



جامعة عمان العربية
AMMAN ARAB UNIVERSITY

عمادة شؤون الطلبة
Deanship of Students Affairs

كلية العلوم التربوية والنفسية
College of Educational and Psychological Sciences

تعلن عمادة شؤون الطلبة/ قسم الإرشاد والخدمات النفسية و بالتعاون مع كلية العلوم التربوية والنفسية، عقد ورشة تدريبية بعنوان

" الحاجات العلاقتية "



العدد محدود للحضور

اسم المدرب
أ.د سهيله بنات
الساعة
2:00 مساءً
المكان
B2-4
اليوم
2024/5/4

للتسجيل في الورشة التدريبية الدخول على الرابط أدناه: (<https://forms.gle/FfWvDRNWFVvnr7P6>)

بذرة الإبداع والمخاطبات العطاء

www.asu.edu.jo 962 6 4794000


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Smoking Cessation Clinic

Stemming from the belief that individual health is a basic human right, and in line with the strategic vision of Amman Arab University to achieve leadership and excellence, and the desire to achieve the third strategic goal of sustainable development, "Good Health and Well-being," the Smoking Cessation Clinic was established by the decision of the Council of Deans No. (13/18-2023). The clinic aims to enhance the health of university affiliates through a comprehensive framework that supports smokers' health, psychologically, and socially to help them quit smoking. The smoking cessation clinic takes various dimensions into consideration, such as economic, health, social, ethical, and religious aspects and collaborates with different local and international entities supporting smoking cessation.

Vision:

"To make Amman Arab University a smoke-free campus.

Mission:

"To provide the best educational, health, and psychological services through qualified and trained medical staff to create a supportive and motivating environment for university affiliates to quit smoking."

Goals:

1. Provide effective and integrated health and psychological services to help the university and local community members quit smoking.
2. Create a supportive and motivating environment for quitting smoking in all its forms and types.
3. Offer diverse educational and awareness programs to increase awareness of the harms of smoking and the benefits of quitting.

Appointment Booking Form

Form

Download

Appointment Booking Form

Click here

لحجز موعدك معنا

SCAN THE QR CODE



تواصل معنا
pharmacy.lab5@aau.edu.jo

خدمات العيادة:

1. توفير جلسات علاج سلوكي
2. مساعدة المدخنين على تفهم المحفزات التي تدفعهم للتدخين وتطوير استراتيجيات للتعامل معها.
3. دعم تطوير مهارات إدارة التوتر والتفكير بطرق صحية.

خدمات العيادة:

- تنظيم جلسات دعم جماعي حيث يمكن للأفراد مشاركة تجاربهم وتقديم الدعم لبعضهم البعض.
- خلق بيئة مشجعة تساعد المدخنين على الالتزام بخطة الإقلاع.
- توفير برامج تثقيفية وتوعوية متنوعة لزيادة الوعي بأضرار التدخين وفوائد الإقلاع عنه.

عيادة الإقلاع عن التدخين
مبنى 5 كلية الصيدلة
الطابق الثاني

www.aau.edu.jo

ماهي عيادة الإقلاع عن التدخين

صحتك النفسية والجسدية هي أولويتنا

عيادة الإقلاع عن التدخين هي مبادرة صحية تهدف إلى مساعدة الأفراد على التخلص من عادة التدخين، وتحسين صحتهم وجودة حياتهم. نقدم العيادة مجموعة متنوعة من الخدمات والدعم المخصص للمدخنين الراغبين في الإقلاع عن التدخين.

نحن هنا لمساعدتك

اعن بصحتك الجسدية والنفسية

مبادرة الإقلاع عن التدخين
مبنى 5 كلية الصيدلة
الطابق الثاني



Mental health support (Psychological)

 عمادة شؤون الطلبة
Deanship of Students Affairs

 كلية العلوم التربوية والنفسية
College of Educational and Psychological Sciences

 جامعة عمان العربية
AMMAN ARAB UNIVERSITY

يعلن قسم الإرشاد والخدمات النفسية/ عمادة شؤون الطلبة و بالتعاون مع كلية العلوم التربوية والنفسية، عقد ورشة تدريبية بعنوان

"الصحة النفسية: كيف أتمتع بصحة نفسية"



اسم المدرب	أ.د سهيلة بنات
الساعة	10:00 صباحاً
المكان	B2-4
اليوم	2023/11/22

العدد محدود للحضور

للتسجيل في الورشة التدريبية الدخول على الرابط أدناه: <https://forms.gle/V7yYww4CqZsACH4d6>

دائرة الإعلام والتواصل الإلكتروني



 عمادة شؤون الطلبة
Deanship of Students Affairs

 كلية العلوم التربوية والنفسية
Faculty of Educational and Psychological Sciences

 جامعة عمان العربية
AMMAN ARAB UNIVERSITY

اعلان ورشة تدريبية

يعلن قسم الإرشاد والخدمات النفسية/ عمادة شؤون الطلبة بالتعاون مع كلية العلوم التربوية والنفسية وبمناسبة اليوم العالمي للصحة النفسية عن عقد ورشة تدريبية بعنوان "المنعة النفسية"

عنوان الورشة	تاريخ عقد الورشة	الساعة	اسم المدرب	مكان الورشة
المنعة النفسية	الثلاثاء 2022/10/25	11:00	أ.د. سهيلة بنات	B2-4

للتسجيل في الورشة التدريبية الدخول على الرابط أدناه:
<https://forms.gle/A9Nx34sN8HumtSNz8>
علماً بأن العدد محدود للحضور



الريادة و التميز



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تعلن عمادة شؤون الطلبة / قسم الإرشاد والخدمات النفسية و بالتعاون مع كلية العلوم التربوية والنفسية، عقد ورشة تدريبية بعنوان

" إدارة المزاج "



اسم المدرب
أ.د سهيله بنات
الساعة
11:00 صباحاً
المكان
B2-4
اليوم
2024/03/25

للتسجيل في الورشة التدريبية الدخول على الرابط أدناه: <https://forms.gle/RAum5npWoxUMz7oE9>

دائرة التسويق والعلاقات العامة

Training Center

In line with the university's vision for leadership and excellence, and recognizing the university's role in achieving sustainable development and enhancing community health, the importance of establishing a training center for basic life support at the university becomes evident.

The significance lies in the university's and the surrounding community's need for effective and integrated health services, including the provision of first aid and cardiopulmonary resuscitation (CPR) training for students and community members

Vision

To be a leading center in the field of training and education on national and regional levels in cardiopulmonary resuscitation (CPR) and first aid.

Mission

Providing advanced training courses and specialized educational programs accredited by the American Institute for Safety and Health. These courses equip participants with the necessary experiences and skills to effectively handle health emergencies and perform basic life support. This contributes to extending the lifespan of individuals and enhancing survival Opportunities in health emergencies.

Center's Objectives

1. Enhance health awareness and improve public health and safety in the community.
2. Build confidence in individuals to provide first aid and cardiopulmonary resuscitation (CPR) in health emergencies.
3. Strengthen the university's role in achieving sustainable development and elevating community health.
4. Collaboration and coordination with local and international health organizations.
5. Encourage scientific research in the field of basic life support and disseminate research results in various scientific domains.
6. Development of specialized and internationally accredited training programs.

Reasons for Establishing the Center

1. Rising rates of cardiovascular diseases in society, especially among the elderly.
2. Complying with the recommendations of the Jordanian Nursing Council to include cardiopulmonary resuscitation courses in the academic curriculum for students.
3. The urgent need to provide the necessary expertise and skills in first aid and cardiopulmonary resuscitation for the local community.
4. Reducing the risk of death is considered a key factor, as training in cardiopulmonary resuscitation (CPR) plays a significant role in saving the lives of individuals affected by cardiovascular diseases and other emergency conditions.

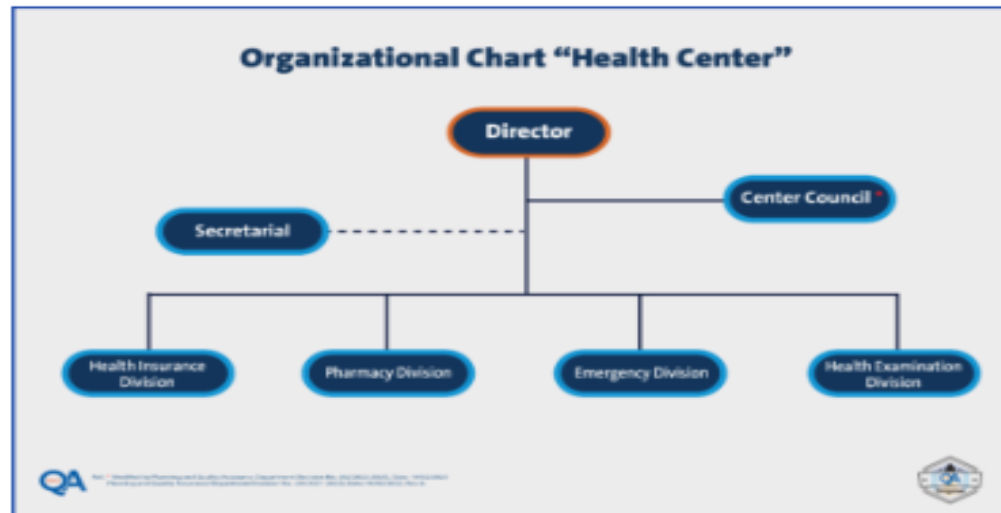
Health Center

Medical center was founded since the establishment of the university in 1999. The center is providing medical services and first health care for the students and employees by making clinical tests prescribing medical services and offering first aids for the urgent cases such as wounds, burns, fractures and others.

The center is also providing other tests such as blood tests, pressure, ratio of glycemia and erogocadiography for early discovery of heart and diabetes diseases. All these services are provided under the supervision of a distinctive medical team. The university is highly cared about the health of its students and employees by providing the suitable medicine for each case in the medical center of the university for the urgent cases or externally in the approved insurance companies.



Health Center



Pioneering and Excellence