

Abu Dhabi University

Health & Wellness Programme

Academic Years 2023 – 2026

At Abu Dhabi University, we believe that a thriving community starts with the wellbeing of its people. Our Health & Wellness Programme brings together medical expertise, leadership development, and the spirit of community — creating a workplace where every person can flourish.



Coordinated by the Talent Engagement Group (TEG) within Human Resources, the ADU Health & Wellness Programme has evolved from a focused launch in late 2023 into one of the university's most active staff engagement initiatives. Each year builds on the last — expanding in scope, deepening in clinical rigor, and growing in participation.

The programme is structured around four pillars: Physical Health (screenings, disease awareness, and clinical webinars); Mental & Emotional Wellbeing (mindfulness, resilience, and counselling-linked sessions); Professional & Leadership Development (accredited training and skills workshops); and Community Connection (social events and cross-departmental engagement).

SDG Alignment Framework

Each initiative is mapped to the United Nations Sustainable Development Goals (SDGs), demonstrating ADU's commitment to purposeful, impact-driven programming aligned with global priorities.

SDG	Goal Name	Relevance to ADU Wellness Programme
SDG 3	Good Health & Well-Being	All health screenings, clinical webinars, disease awareness campaigns, and mental health sessions directly advance Good Health & Well-Being.
SDG 4	Quality Education	Leadership workshops, Franklin Covey training, LinkedIn Learning, and staff development days promote lifelong learning and quality education.
SDG 5	Gender Equality	International Women's Day events, breast and cervical cancer awareness, and gender-focused panels promote equality and women's empowerment.
SDG 8	Decent Work & Economic Growth	Management training, financial wellbeing workshops, and professional development sessions support decent work and economic growth.
SDG 10	Reduced Inequalities	Disability inclusion sessions and diverse community engagement initiatives reduce inequalities across the ADU community.



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SDG 16	Peace, Justice & Strong Institutions	Mandatory Safeguarding Training and safe learning spaces programming reinforce institutional accountability and staff protection.
SDG 17	Partnerships for the Goals	Multi-partner events with DAMAN, SSMC, NMC, Franklin Covey, and others demonstrate strong partnerships for shared wellbeing goals.

2023 — Programme Launch

The inaugural year established two signature formats: expert-led health webinars and the Virtual Tea & Chat series. Launching in September 2023 with a focus on cardiovascular health, breast cancer awareness, and cross-team dialogue, reaching approximately 150 participants in just four months.

Physical Health & Clinical Awareness				
Date	Initiative	Facilitator / Lead	Participants	SDG Alignment
27 Sep 2023	World Heart Day Webinar — Burjeel Hospital <i>Webinar</i>	Dr. Hanan Zeidan (Cardiology) & Dr. Neela Ahmed (Dietetics)	40+	SDG 3
27 Sep 2023	Free Health Check at ADU Auditorium <i>Onsite</i>	Hamda AlShamsi	25+	SDG 3
26 Oct 2023	Breast Cancer Awareness Webinar — SSMC <i>Webinar</i>	Dr. Deepthi Silymon, Specialist Medical Oncology	30+	SDG 3 SDG 5
26 Oct 2023	Breast Cancer Awareness Celebration — Innovation Office <i>Event</i>	Dr. Deepthi Silymon	25+	SDG 3 SDG 5

Community Connection				
Date	Initiative	Facilitator / Lead	Participants	SDG Alignment
23 Nov 2023	Virtual Tea & Chat — TEG & Finance Teams <i>Social</i>	TEG Department	20+	SDG 17
20 Dec 2023	Virtual Tea & Chat — Office of the Vice Chancellor <i>Social</i>	TEG Department	10+	SDG 17



2024 — Expanding Reach

The programme's highest-output year: 17 events and 4 workshops across both campuses. Highlights included the International Family Fun Day (80+ attendees), Staff Development Day (100+ attendees), inaugural Mandatory Safeguarding Training, and an Empowering Inclusion session on disability support that drew 108+ participants — the largest single-session turnout.

Physical Health & Clinical Awareness				
Date	Initiative	Facilitator / Lead	Participants	SDG Alignment
20 May 2024	World IBD Day Webinar <i>Webinar</i>	Dr. Mohammed Nabil Quraishi, SSMC	20+	SDG 3
31 May 2024	World No Tobacco Day Webinar <i>Webinar</i>	Dr. Syed Khurram, SSMC	40+	SDG 3
15 Oct 2024	Breast Cancer Awareness Month: Pink Walk <i>Onsite</i>	Dr. Aydah Alawadhi, SSMC	46+	SDG 3 SDG 5
26 Nov 2024	Free Eye Check-Up Wellness Campaign — Al Ain Campus <i>Onsite</i>	Max Vision / Samah Albashiti	23+	SDG 3

Mental & Emotional Wellbeing				
Date	Initiative	Facilitator / Lead	Participants	SDG Alignment
5 Mar 2024	Webinar: Mindfulness on the Go! <i>Webinar</i>	Takalam — Dr. Sneha Kukreja	30+	SDG 3
9 Jul 2024	Men's Mental Health Awareness <i>Webinar</i>	Dr. Gilsa K. Gopinadhan, TruDoc/DAMAN	25+	SDG 3
10 Oct 2024	World Mental Health Day — Chat with TEG <i>Event</i>	Dr. Sreethi, Allison, Sushma & Jennifer	67+	SDG 3
8 Nov 2024	Bio-Reengineering Our Mind <i>Workshop</i>	Dr. Sreethi Nair	5	SDG 3

Gender Equity & Inclusion				
Date	Initiative	Facilitator / Lead	Participants	SDG Alignment
7 Mar 2024	DAMAN Webinar: International Women's Day <i>Webinar</i>	Dr. Feroza Dawood, Dr. Zahra Albalooshi & Chantale Charr — Mediclinic Airport Road Hospital	37+	SDG 3 SDG 5



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8 Mar 2024	Panel Discussion: International Women's Day <i>Panel</i>	TEG Department, Ms. Laila Kroma, Mrs. Allison, Dr. Sofyan, Dr. Fauzia Jabeen, Kristina Turner & Tina Hourera	20+	SDG 5 SDG 10
10 Dec 2024	Empowering Inclusion: Recognizing & Supporting Individuals with Disabilities <i>Workshop</i>	Dr. Mohammed Fteiha	108+	SDG 10

Professional & Leadership Development				
Date	Initiative	Facilitator / Lead	Participants	SDG Alignment
10 May 2024	Staff Development Day <i>Workshop</i>	Allison Hamilton & Sushma D'Costa	100+	SDG 4 SDG 8
15 Mar 2024	Middle Management Leadership Workshop <i>Workshop</i>	Sushma D'Costa & Allison Hamilton	15+	SDG 4 SDG 8
Oct–Nov 2024	ADU Mandatory Safeguarding Training — 2 cohorts <i>Training</i>	KGC	58	SDG 16

Community Connection				
Date	Initiative	Facilitator / Lead	Participants	SDG Alignment
Jan–Feb 2024	Virtual Tea & Chat Series — 5 Departments <i>Social</i>	TEG & TEG (Marketing, Registration, BSF, Admissions, Call Centre & Financial Aid)	50+	SDG 17
1 Mar 2024	International Family Fun Day <i>Event</i>	TEG Department	80+	SDG 17
30 Dec 2024	Ugly Sweater Day & Hot Chocolate Social <i>Social</i>	TEG Department	25+	SDG 17



2025 — Professional Growth & Wellbeing

The programme evolved into a genuine learning and development platform. Partnerships with Franklin Covey delivered globally respected leadership programmes, while LinkedIn Arabic sessions introduced AI literacy. Health programming expanded to include financial wellbeing, stress management, public speaking, diabetes awareness, and a flagship Health & Wellness Day with DAMAN, NMC Hospital, and Maghrabi Center.

Physical Health & Clinical Awareness				
Date	Initiative	Facilitator / Lead	Participants	SDG Alignment
4 Sep 2025	Health & Wellness Day — DAMAN, NMC Hospital & Maghrabi Center <i>Event</i>	TEG in collaboration with DAMAN, NMC Hospital & Maghrabi Center	35+	SDG 3 SDG 17
2 Oct 2025	K-Glow Beauty Wellness Session <i>Wellness</i>	TEG & K-Glow	25+	SDG 3
26 Nov 2025	Diabetes Awareness Session <i>Webinar</i>	Dr. Kashif Hafeez / TEG & SSMC	27+	SDG 3
28 Nov 2025	Movember: Men's Health Awareness & International Men's Day <i>Event</i>	TEG Department	10+	SDG 3
8 Dec 2025	TruDoc Health Session <i>Webinar</i>	TEG & TruDoc — Ms. Dana Dbeissy	20+	SDG 3

Mental & Emotional Wellbeing				
Date	Initiative	Facilitator / Lead	Participants	SDG Alignment
30 Apr 2025	Boost Your Mental Wealth — DHA Training for Faculty & Staff <i>Training</i>	Dubai Health Authority	Open	SDG 3
18 Jul 2025	Stress Management & Wellness Strategies <i>Workshop</i>	Dr. Smitha Dev	34+	SDG 3

Professional & Leadership Development				
Date	Initiative	Facilitator / Lead	Participants	SDG Alignment
29–30 Jan 2025	The 7 Habits of Highly Effective People (Days 1 & 2) <i>Training</i>	Franklin Covey — Dr. Nader	22+	SDG 4 SDG 8
5–6 Feb 2025	The 4 Essential Roles of Leadership	Franklin Covey — Dr. Nader	23+	SDG 4 SDG 8



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	<i>Training</i>			
8–9 Apr 2025	Franklin Covey Reinforcement Coaching (7 Habits & 4 Roles) <i>Coaching</i>	Franklin Covey — Dr. Nader	45+	SDG 4 SDG 8
4 Jul 2025	Public Speaking: Overcoming Fear & Improving Delivery <i>Workshop</i>	Dr. Bianca Robert	18+	SDG 4 SDG 8
26 Jun & 30 Sep	LinkedIn Learning: AI & Future Skills (Arabic Online Sessions) <i>Training</i>	LinkedIn	55+	SDG 4 SDG 8
19 Sep 2025	Staff Development: Interacting with Post-Pandemic Students <i>Workshop</i>	Dr. Malak Askar	40+	SDG 4 SDG 8
18 Jun 2025	Financial Wellbeing Workshop <i>Workshop</i>	Mr. Matthew Hunt, Wimbledon Wealth	25+	SDG 8
7–14 Apr 2025	ADU Mandatory Safeguarding Training <i>Training</i>	KGC	55	SDG 16

Community Connection				
Date	Initiative	Facilitator / Lead	Participants	SDG Alignment
15 Jan 2025	DP World T20 Cricket Ticket Giveaway <i>Social</i>	TEG Department	45+	SDG 17
25 Apr 2025	International Book Day Event <i>Event</i>	TEG & Library Department	15+	SDG 4 SDG 17
25 Jun 2025	Buddy Appreciation Virtual Event AY 24/25 <i>Social</i>	TEG Department	32+	SDG 17



2026 — Resilience & Community Care

Focused on mental and emotional resilience. The SAKINA Webinar Series — eight expert-facilitated sessions in the final two weeks of March — provided structured support on topics from trauma responses to self-compassion. During Ramadan, wellness webinars supported healthy living. ADU also expanded into lifesaving first-response skills: CPR, First Aid, and AED training.

Physical Health & Clinical Awareness				
Date	Initiative	Facilitator / Lead	Participants	SDG Alignment
3 Feb 2026	Webinar: Understanding Cervical Health — SSMC <i>Webinar</i>	Dr. Shahad Mahmoud, SSMC	22+	SDG 3 SDG 5
10 Feb 2026	Ramadan Healthy Weight Loss Challenge <i>Challenge</i>	Dr. Shaima Madhi, SSMC	20+	SDG 3
11 Feb 2026	Weight Loss Challenge: Onsite Measurements <i>Onsite</i>	TEG & CHS	30+	SDG 3
16 Feb 2026	DAMAN Webinar: A Healthy Ramadan — Nourished Body & Mind <i>Webinar</i>	TEG & DAMAN	20+	SDG 3
12 Mar 2026	DAMAN Webinar: Understanding Kidney Disease <i>Webinar</i>	Dr. Wael Jebur, NMC	20+	SDG 3
28 Mar 2026	CPR, First Aid & AED Training — ADU Residents <i>Training</i>	ADU-KGC	20+	SDG 3
Mar–Apr 2026	CPR, First Aid & AED — Abu Dhabi Staff (multiple cohorts) <i>Training</i>	ADU-KGC	Ongoing	SDG 3

Mental & Emotional Wellbeing				
Date	Initiative	Facilitator / Lead	Participants	SDG Alignment
4 Mar 2026	Emotional Wellbeing Session — Supporting Our ADU Community <i>Session</i>	TEG & Dr. Shaima Madhi	65+	SDG 3
18–31 Mar 2026	SAKINA Webinar Series — 8-Session Mental Health Programme <i>Webinar Series</i>	Dr. Abeer Toson Mohamed, Padma Chitra Shaji, Fatema Alzaabi, Zoya Zainab, Shayma Almazrooei & Mouza Almarzouqi	80+	SDG 3



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30 Mar 2026	Managing Stress: Healthy Coping vs. Avoidance <i>Webinar</i>	Shatha M.S. Khairi	Self-reg.	SDG 3
30 Mar 2026	Strengthening Personal Resilience for the Future <i>Webinar</i>	Reyad Mohammed Abu Sharaf	Self-reg.	SDG 3

Professional & Leadership Development				
Date	Initiative	Facilitator / Lead	Participants	SDG Alignment
16 Jan 2026	Staff Development: Creating Safe & Supportive Global Learning Spaces <i>Workshop</i>	Mr. Hassan Johnson	33+	SDG 4 SDG 16
5 & 11 Mar	Franklin Covey Webinars: Leadership & Team Safety During Uncertainty <i>Webinar</i>	Franklin Covey	Self-reg.	SDG 4 SDG 8

Community Connection				
Date	Initiative	Facilitator / Lead	Participants	SDG Alignment
30 Mar 2026	Afternoon Tea — Admissions & Call Centre Department <i>Social</i>	Sushma D'Costa & Asma AlRashdi	26+	SDG 17