### **HEALTH CENTER**

The campus has an on-site infirmary with a specialized team, for consultation or first aid in case of discomfort or accident. An ambulance is also available if needed. Medical Check-ups: Monday to Friday [08H00 - 12H00 / 14H00 - 18h00] Medical assistance: 24H/7D

### **FOOD SAFETY SERVICE**

Food safety service consists of an industrial food safety Engineer and a Nurse, the service provides monitoring, training, follow up and monthly sampling of food, surfaces, and water for the Pasteur laboratory inspections.



### **PSYCHOLOGY CELL**

Psychology cell provides a safe space to listen, advise, help, guide and follow-up with UM6P community. It also offers socio-medical support and Individual monitoring of special cases. The Mental Health counseling team consists of a psychologist and a psychiatric nurse.

### **HEALTH MONITORING OF EVENTS SERVICDE**

Health monitoring of events service guarantees the unfolding of events in optimal conditions by ensuring the health and food safety of the workers, via the permanent presence of a nurse, an equipped ambulance and food safety service.

#### **REGULAR EXCERCISING**

Well-being also involves the regular exercise and sports activities which are strongly encouraged on campus. UM6P offers its students and employees a wide range of physical and sports activities in good sports facilities,





Cher.e.s Membres de la Communauté UM6P,



À une époque où la question du bien-être et de l'épanouissement personnel prend de l'ampleur, l'Université Mohammed VI Polytechnique se préoccupe de l'amélioration de la qualité de vie de sa communauté académique, administrative et estudiantine, et met à leur disposition un espace dédié au Sport au sein du Campus.

Joignant l'utile à l'agréable, avoir une activité sportive régulière a des aspects bénéfiques pour la santé physique et mentale ; en essayant de donner le meilleur de soi-même, de se dépasser, en plus de se rapprocher de ses collègues et de ses condisciples en les découvrant sous un nouvel angle.



### **STAFF FREE LANGUAGE COURSES**

UM6P language lab has initiated the English and French free languages trainings to the benefit of all UM6P community.

| CERTING CERTIFICATION CERTIFI |
|---|
| Dear Colleagues,  |
| The Human Capital Management and the Language LaB are pleased to announce the launch of UM6P's 2011/2012 program for language courses.  |
| We kindly invite you to visit the link below for an instructive guide of steps to follow in order to take the placement test:   |
| https://admissions.docs.goverdeensions.com/docs/fremsh/   |
| You will receive individual emails containing the link to take your placement test. The test platform will be open for one week. Starting from the time you receive the link and will automatically close on Monday, March 22 at 11:39 p.m.   |
| below you will find the link to begin your placement test; https://admissions.genducrives.com . Once on the platform, please use the credentals you received from Geerd Support to login. For your first login, you will be asked to change your passion?d. Make sure you utilize a secure passion?d.   |
| You will receive details regarding your group (venue and schedule) and all the information you need to begin your training at a later date.   |
| For our native English-speaking colleagues, please reply to this email to express your interest in french and Darga (Moroccan Arabic) courses or other languages such as Spanish, Italian, etc.   |
| For PhD students on the Staff mailing list, please note that your language course program will be launched separately. You will receive more details on this in the coming weeks.   |
| We're happy to contribute to both your professional and personal endeavors. We look forward to having you with us this year!  |

#### **STAFF KIDS LANGUAGE TUTORING CLASSES**

Human Rights department in collaboration with language lab launched tutoring classes in language and other subjects for the benefit of the STAFF children at a very symbolic price

### RC RH COM

TR: Lancement des cours de langues pour les enfants UM6P - Launch of the courses for the Children of UM6P

C Equipe-Social-RH: O Ianguagelab

Language Courses for the Children of UM6P

#### Ladies and Gentlemen.

We are pleased to announce the launch of the language courses for the children of UM6P employ

ration starts on Monday September 06, 2021 and the fall session will start on October 11, 2021.

rents wishing to enroll their children are invited to fill in the registration form (on the link low): https://forms.gle/P3V2ZZvqzgxcM6Ak9 and send it **before September 12 at 18:00** (one form per child). Reminder :

- The program is for children between ages 5 and 17.
   The languages offered are Arabic, English, French and Spanish.
   Children have the possibility to take two language courses at once.
   The English and French language tests will be carried out by oral interview via "Teams".
   The Arabic and Spanish language tests will be carried out by oral interview via "Teams".

Rates: 100 dhs/ per month for one language 150 dhs/ per month for two languages

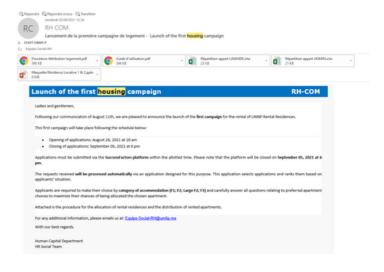
#### Payment: By payroll deduction.

Finally, we remind you to answer the following questionnaire. Your responses will provide us with important information to optimize our support measures, knowing that this session will take place face-to-face and remotely according to the choice of the parents.

VERSION FR : https://qfreeaccountssjc1.az1.qualtrics.com/jfe/form/SV\_e4HkdauKEJBuz7o VERSION UK : https://qfreeaccountssic1.az1.qualtrics.com/ife/form/SV\_evS0zsEwd3cAFai

#### LAUNCH OF THE FIRST HOUSING CAMPAIGN

Social HR Team launched a housing campaign for the benefit of UM6P staff (Academics and non-academics) to ensure secure, clean and respected а environments for the workers and their families





### **MEDITATION SESSIONS BY SD AMBASSADOR**

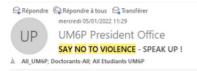
hTe SD Ambassador from GreenTech Institute organizes periodical session of breathing and meditation to his fellow peers. Usuallt, the sessions are organized either very early in the morning before their classes or between exams to relieve stress and tension.

| big Repondre Egi Repondre atious i big Transferer 🛛 🥶 13 groupes 🐃  |
|---|
| Jeve 11:06:021 1929   |
| Oussama BOYSSI  |
| Second Yoga SESSION   |
| À Market MA, TMA-2015/0212, MITSE 2020-2021, MITSE 2020-2021, AMST CA2200-2021, ODDERZ, OD HHH 2022, GMODERZ, GAN CHH 2022, BESMA, MIDANO, 2019, 2021, MIT BESMA 2020-2021<br>C. C. TMAY OS TANAYOR MININA MARKANE ROM-CH   |
| A VOCA AMMD Jees .<br>32 KB   |
| Dear all,   |
| Today we are happy to re-announce that one of the Sustainable Development Anhassadors of our Institute (Green Tech Institute), Ahmed MARMOUD, is working on a new idea (Meditation sessions in campus) and we are<br>more than glid to be able to imite you to this second session organized by the SUSTAINABLE DEVELOMENT DEPARTMENT in collaboration with POLE SPORT. |
| We all know that health is our greatest wealth, therefore the main intention of our program is to make each and every one armed with knowledge and tools to improve and preserve good health. We are hosting this even<br>ACCEVATIONAL SPACE (new the cafeteria) <u>Solurity_June 19th of 00:00 AM</u> .  |
| We hope you will accept our hundle request and join us in this event to improve our health and to support one of our colleagues. If you have any questions or advice regarding his program, you can contact him at:<br><u>Ahmed mahmould jumpo</u> ma   |
| Hope you will help us to be successful in this event with your presence.  |
| Fill the form below if you are interested : <u>https://bhortest.link/wr2</u>  |
| Thank you very much,  |
| Best regards,   |
|   |
| BORSU Durstama  |



### **SPEAK UP INITIATIVE – SAY NO TO VIOLENCE**

he SD Ambassador from GreenTech Institute organizes periodical session of breathing and meditation to his fellow peers. Usuallt, the sessions are organized either very early in the morning before their classes or between exams to relieve stress and tension.







#### **NO TOBACCO DAY**





mercredi 08/06/2022 16:20 DD-com

#### WORLD NO TOBACCO DAY - NO SMOKING ON CAMPUS

) Il s'agit de la version la plus récente, mais vous avez apporté des modifications à une autre copie. Cliquez ici pour afficher les autres versions. Vous avez transféré ce message le 08/06/2022 16:39.

#### NO SMOKING ON CAMPUS!

Tobacco kills over 8 million people every year. It is extremely unhealthy and very pernicious to the environment, further harming human health, through the cultivation, production, distribution, consumption, and post-consumer waste. The harmful impact of the tobacco industry on the environment is vast and growing adding unnecessary pressure to our planet's already scarce resources and fragile ecosystems.

Mohammed VI Polytechnic University is sustainably engaged to create a safe place for everyone. In this sense, the General Affairs Office has built Smoking Zones all over the campus. These zones aim to mitigate gradually the negative effects of cigarettes and ensure a better air quality for the community members.

UM6P Community is invited to respect the designated smoking zones and is highly encouraged to adopt some of the best practices mentioned below.



of using tobacco, the business practices of tobacco companies, what WHO is doing to fight the tobacco epidemic, and what people around the world can do to claim their right to health and healthy living and to protect future generations.

The Member States of the World Health Organization created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it causes. In 1987, the World Health Assembly passed Resolution WHA40.38, calling for 7 April 1988 to be a "a world no-smoking day." In 1988, Resolution WHA42.19 was passed, calling for the celebration of World No Tobacco Day, every year on 31

#### **31 MAY IS WORLD NO TOBACCO DAY**



ightarrow if you wish to quit, download this PDFI



#### RISE ABOVE THE CRAVINGS

The chemicals in tobacco smoke can damage your body in many ways. For example:

- Nicotine narrows your veins and arteries. This can :
   Damage your heart by forcing it to work faster and harder
   Slow your blood and reduce oxygen to your feet and hands
- Carbon monoxide deprives your heart of the oxygen it needs to pump blood around your body. Over time, your airways swell up and let less air into your lungs.
- Tar is a sticky substance that coats your lungs like soot in a chimney.
   Phenols paralyze and kill the hair-like cells in your airways. These
- Phenols paralyze and kill the hair-like cells in your airways. These cells sweep clean the lining of your airways and protect them against infections.
- Tiny particles in tobacco smoke irritate your throat and lungs and cause 'smoker's cough'. This makes you produce more mucus and damages lung tissue.
- Ammonia and formaldehyde irritate your eyes, nose and throat.
- Cancer-causing chemicals make your cells grow too fast or abnormally.

60







### **DIABETES AND HYPERTENSION SCREENING**



#### Iundi 18/04/2022 10:34 health center

RE: Campagne de dépistage du diabète et de l'hypertension artérielle

HI\_UM6P; 
 All Etudiants UM6P; 
 Doctorants-All

Chère communauté,

La campagne de dépistage du Diabète et de l'HTA continue tout ce mois du Ramadan.

On vous attend nombreux et nombreuses au Health Center.

Evaluez votre santé, faites-vous dépister !

De : health center Envoyé : vendredi 1 avril 2022 18:45 À : All\_UM6P < \_\_\_\_\_\_\_\_; All Etudiants UM6P Objet : Campagne de dépistage du diabète et de l'hypertension artérieire

'>; Doctorants-All <</p>

Chère communauté,

A l'occasion du mois sacré de Ramadan, le Health center organise une compagne de dépistage du diabète et de l'hypertension artérielle.

Etudiants et collaborateurs intéressés peuvent se présenter aux locaux du Health Center durant les horaires administratifs du lundi au jeudi tout au long du m sacré.

Evaluez votre santé, faites-vous dépister !

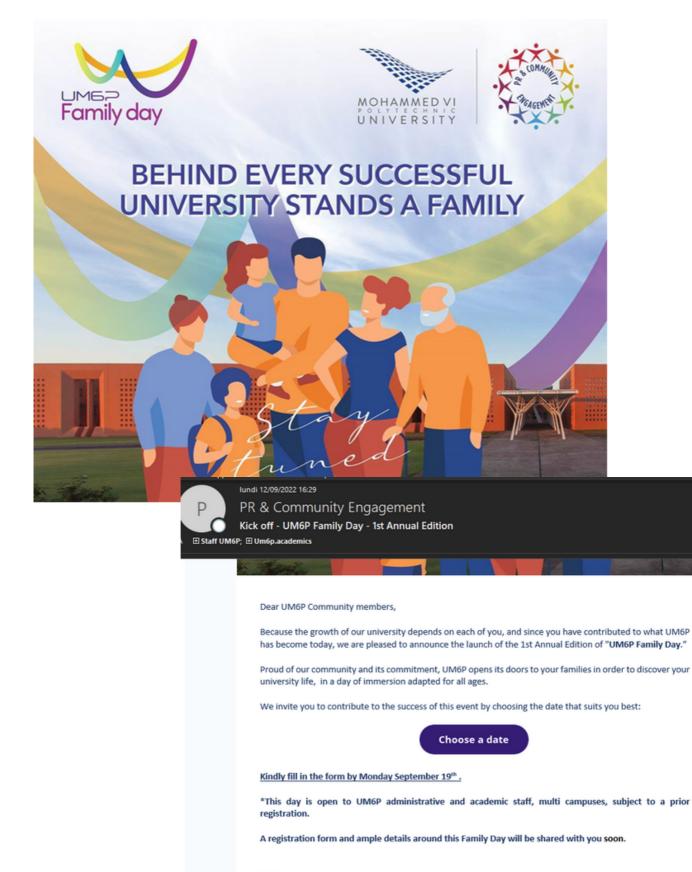
Ramadan Mubarak Kareem.

MOHAMMED VI UNIVIER HITY

#### Dr. Khalil KINANI

Directeur du Health Center Université Mohammed VI Polytechnique

#### **UM6P FAMILY DAY**



Kind regards,

UM6P FAMILY DAY PR & COMMUNITY ENGAGEMENT TEAM



vendredi 25/11/2022 15:03

PR & Community Engagement UM6P Family Day - Best of Moments of the 1st Edition Staff UM6P; I Um6p.academics















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# BEHIND EVERY SUCCESSFUL UNIVERSITY STANDS A FAMILY

### SATURDAY, NOVEMBER 19TH 2022

Mohammed VI Polytechnic University is pleased to invite you to its first edition of "Family Day", which will be held on Saturday, November 19, 2022, from 9.00AM to 5.00PM at the Benguerir campus.

#### Please find below the program of the day:

| 09.00AM - 10.00AM | : Welcome of the participants and their families<br>Main entrance of the campus  |
|-------------------|--|
| 10.00AM - 11.00AM | : Welcome Speech - Mr. Hicham El Habti, President of UM6P  |
| 11.00AM - 17.00PM | : Opening of the stands activities - For adults and children<br>Animation workshops, games, exhibitions and culture                                |
| 11.00АМ - 12.30РМ | : Visit of UM6P Campus<br>Conference Center<br>Digital Learning Lab<br>Learning Center<br>Research Center<br>Sports Center<br>1337 - Coding School |
| 12.30PM - 2.00PM  | : Lunch  |
| 02.00PM           | : Stands activities - For adults and children<br>Animation workshops, games,<br>exhibitions and culture  |
| 03.30PM           | : Opening of Snacking Stands   |
| 05.00PM           | : Closing remarks and end of the event   |
|                   |  |

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We look forward to w your families to discore

Check the Mapping of activities & catering

Q



|                                   |  |              | _      |           |                    |        |                |        |                       |
|-----------------------------------|--|--------------|--------|-----------|--------------------|--------|----------------|--------|-----------------------|
| Zone Pelouse - A                  | ctivités sportives                                       |              |        |           |                    |        |                |        |                       |
| 1 Atelier 1                       | : Ping Pong  |              |        |           |                    |        |                |        |                       |
| -                                 | : Tir à l'Arc  |              |        |           |                    |        |                |        |                       |
| -                                 | : Foot Billard   |              |        |           |                    |        |                |        |                       |
| -                                 | : Parcours Golf  | Parc de jeux | 18     |           | 19                 | •      | Foo            | d      |                       |
|                                   |  | gonflables   | 17     |           | 16                 | 9      | Corr           | ner    |                       |
| _                                 | ola - Activités Iudiques                                 |              |        |           |                    |        |                |        |                       |
|                                   | : Apprendre à bien manger en jouant                      |              |        |           |                    |        |                |        |                       |
| 6 Atelier 2                       | : Et si entreprendre était<br>un jeu d'enfant ?          |              |        |           | ,                  |        |                |        |                       |
| Atelier 3                         | : Instant ludique  |              |        | ~~~       | Show               |        | 20             |        |                       |
| Atelier 4                         | : Magie ou Science ?                                     |              |        | $\square$ | time               |        |                |        |                       |
| •                                 | : Votre santé nous intéresse                             |              |        | 16        |                    |        |                |        |                       |
|                                   | : UM6P Student's Life                                    |              |        |           |                    |        |                |        |                       |
| 1 Atelier 7                       | : UM6P Student's Life                                    |              |        | V         |                    |        | 21             |        |                       |
| 12 Atelier 8                      | : The Comm's Factory                                     |              |        |           | Stand<br>nformatio | 200    |                |        |                       |
| 13 Atelier 9                      | : DIY recyclage  |              |        |           | monifiatio         |        |                |        |                       |
| Zone Extérieur de                 | e l'Atrium - Activités artistiques                       | 15           | 14     | 15 14 15  | 14                 |        |                |        |                       |
| Ateliers dessin                   | & coloriage  | Acti         | vités  |           | 100                | 10 A 1 |                |        |                       |
| Ateliers maquil                   | llage  |              | stique | S         | 13                 | 12     |                |        |                       |
| Zana Anana Cha                    | The s  |              |        |           | 11                 | 10     |                |        |                       |
| Zone Agora - Sho                  |  |              |        |           | 9                  |        | Cen<br>de Conf |        |                       |
|                                   | : Mini show UM6P Band<br>& U Dance                       |              |        | Activit   | tác -              |        |                |        |                       |
| -                                 | : Animation musicale - DJ                                |              |        | ludiqu    | les 8              | 7      |                |        |                       |
|                                   | : Tournée tambourins - Gnaoua                            |              |        |           | 6                  | 5      |                |        |                       |
| 1                                 | : Spectacles de magie                                    |              |        |           |                    |        | 1              |        | Activités             |
|                                   | : Atelier Zumba enfant & adulte                          |              |        |           |                    |        |                | 2      | sportives             |
|                                   | : Tournée parade musicale<br>& Mascottes : Clown-Poupées |              |        |           |                    |        |                |        |                       |
| 16h30 - 17h00                     | : Mini show UM6P Band<br>& U Dance                       |              |        |           |                    |        |                |        |                       |
|                                   |  |              |        |           |                    |        | 3              |        |                       |
| Zone Nouvelle Pe                  |  |              |        |           |                    |        |                | 4      |                       |
| 🔟 Jeux gonflable                  | S  |              |        |           |                    |        |                |        |                       |
| 10 Trampolines                    |  |              |        |           |                    |        |                |        |                       |
|                                   |  |              |        |           |                    |        |                |        |                       |
| Zone sous Bâtime                  | ent Administratif & Restaurant - Food                    | Corner       |        |           |                    |        |                |        | Desk                  |
| Stations déjeur                   | ner : Adultes & Enfants                                  |              |        |           |                    |        |                |        | <mark>d'</mark> accu€ |
| 20 Stations pause                 | -café  |              |        |           |                    |        |                |        |                       |
| <ol> <li>Stands gourma</li> </ol> | andises  |              |        |           |                    |        |                |        |                       |
|                                   |  |              |        |           |                    |        |                | Entrée |                       |

Entrée Principale



### **INTERNATIONAL DAY OF DIABETES**



<sub>jeudi</sub> 10/11/2022 20:02 health center

Journée Mondiale du diabète

ALL Campus Benguerir; 
 田 All Etudiants UM6P; 
 田 Doctorants-All; 
 田 Um6p.academics

: 🔍 Hicham EL HABTI



Chère communauté,

A l'occasion de la Journée mondiale du diabète, le Health Center en collaboration avec le Pôle Sport ont le plaisir de vous inviter le 14 Novembre 2022 à une journée de sensibilisation et de dépistage du diabète.

#### AU PROGRAMME :

- Une présentation sur le diabète qui aura lieu le 14 Novembre à l'Auditorium à 17h30
  - 1. Diabète, traitement et prévention : Dr. Khaoula EL MOUSTARIH, Dr. Oumaima ZEGGOUR, Mme Nawal WAHBI et Mme Ilham CHAKRANE
  - 2. Nutrition / Activité physique et diabète : Mme. Fatiha BEN EL HEND, M. Samir AGUIRAR et Mme. Maroua BOULAAMANE
  - 3. Diabète et bien-être mental : M. Jalil CHATTAOUI
  - 4. Débat