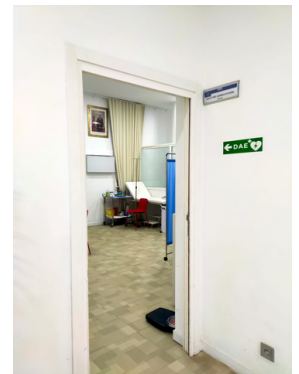




## HEALTH CENTER

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

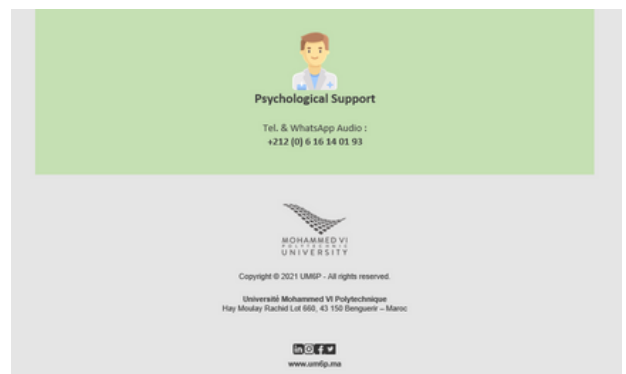


## FOOD SAFETY SERVICE

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 SERVICE

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 EXERCISING

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 étudiante, 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.

# PA 14 - SUPPORT DOCUMENT



## STAFF FREE LANGUAGE COURSES

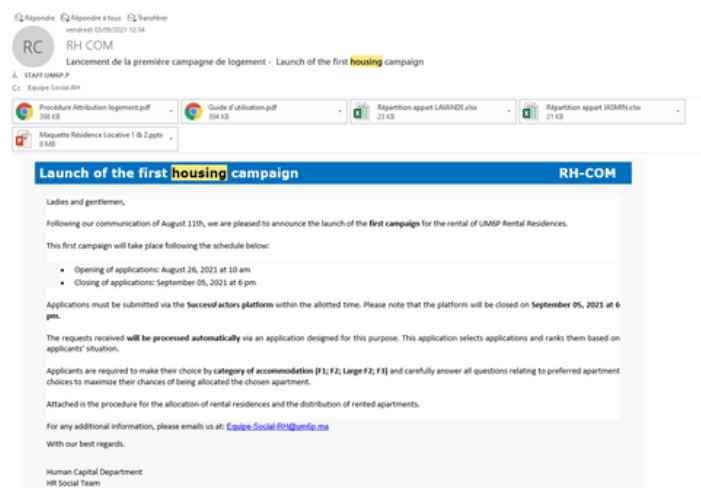
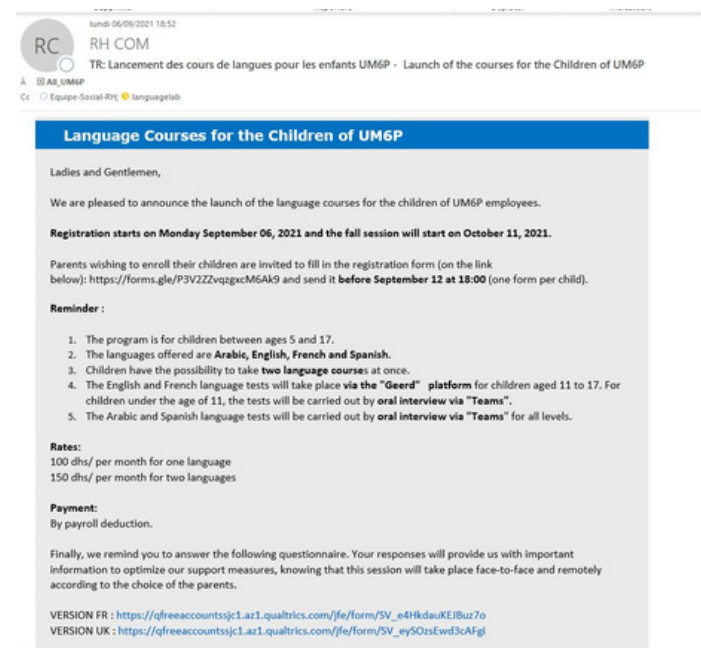
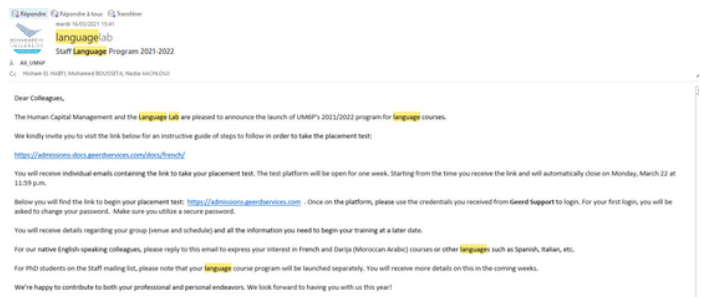
UM6P language lab has initiated the English and French free languages trainings to the benefit of all UM6P community.

## 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

## 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 a secure, clean and respected environments for the workers and their families

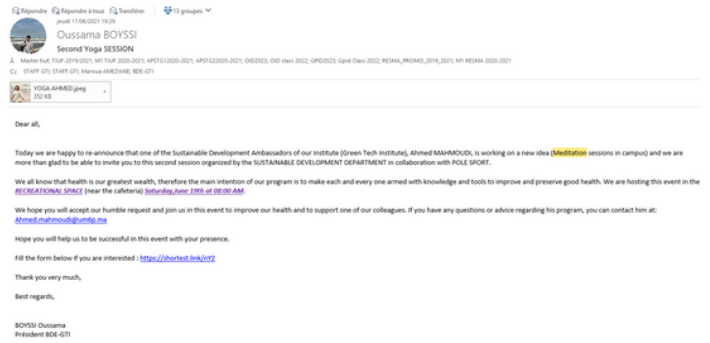


# PA 14 - SUPPORT DOCUMENT



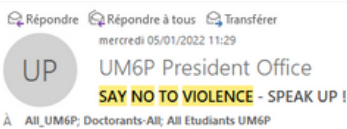
## MEDITATION SESSIONS BY SD AMBASSADOR

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



## SPEAK UP INITIATIVE – SAY NO TO VIOLENCE

The SD Ambassador from GreenTech Institute organizes periodical sessions of breathing and meditation to his fellow peers. Usually, 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**

📧 All\_UM6P; 📧 Staff UM6P; 📧 Doctorants-AII; 📧 All Etudiants UM6P

📌 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.



### 31 MAY IS WORLD NO TOBACCO DAY

This yearly celebration informs the public on the dangers 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 May.



📄 IF YOU WISH TO QUIT, DOWNLOAD THIS PDF!



### 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 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.



GALA DINER



TOGETHER,  
LET'S CELEBRATE THE UM6P COMMUNITY

GALA *Dinner*

THURSDAY, JUNE 23, 2022  
AT THE MARRAKECH TRAINING CENTER AT 9:00 P.M.

TRADITIONAL ATTIRE IS RECOMMENDED




IMPORTANT: PLEASE PRINT DETACHABLE PART



## DIABETES AND HYPERTENSION SCREENING

lundi 18/04/2022 10:34

 health center

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

All\_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 < >

>; Doctorants-All < >

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

Chère communauté,

A l'occasion du mois sacré de Ramadan, le Health center organise une campagne 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 mois sacré.

Evaluez votre santé, faites-vous dépister !

Ramadan Mubarak Kareem.



**Dr. Khalil KINANI**


Directeur du Health Center

Université Mohammed VI Polytechnique



## UM6P FAMILY DAY



 lundi 12/09/2022 16:29  
PR & Community Engagement  
Kick off - UM6P Family Day - 1st Annual Edition  
[Staff UM6P](#); [Um6p.academics](#)

Dear UM6P Community members,

Because the growth of our university depends on each of you, and since you have contributed to what UM6P has become today, we are pleased to announce the launch of the 1st Annual Edition of "UM6P Family Day."

Proud of our community and its commitment, UM6P opens its doors to your families in order to discover your university life, in a day of immersion adapted for all ages.

We invite you to contribute to the success of this event by choosing the date that suits you best:

[Choose a date](#)

Kindly fill in the form by Monday September 19<sup>th</sup>.

\*This day is open to UM6P administrative and academic staff, multi campuses, subject to a prior registration.

A registration form and ample details around this Family Day will be shared with you soon.

Kind regards,

UM6P FAMILY DAY  
PR & COMMUNITY ENGAGEMENT TEAM

# PA 14 - SUPPORT DOCUMENT



vendredi 25/11/2022 15:03

P

## PR & Community Engagement

### UM6P Family Day - Best of Moments of the 1st Edition

Staff UM6P; Um6p.academics



**+1458**  
Participants



**+587**  
Kids



**+871**  
Adults





## BEHIND EVERY SUCCESSFUL UNIVERSITY STANDS A FAMILY

SATURDAY, NOVEMBER 19<sup>TH</sup> 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  
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  
Animation workshops, games, exhibitions and culture
- 11.00AM - 12.30PM** : Visit of UM6P Campus  
Conference Center  
Digital Learning Lab  
Learning Center  
Research Center  
Sports Center  
1337 - Coding School
- 12.30PM - 2.00PM** : Lunch
- 02.00PM** : Stands activities - For adults and children  
Animation workshops, games, exhibitions and culture
- 03.30PM** : Opening of Snacking Stands
- 05.00PM** : Closing remarks and end of the event



We look forward to welcoming  
your families to discover



1

/ 2



Check the Mapping  
of activities & catering

# PA 14 - SUPPORT DOCUMENT



## Zone Pelouse - Activités sportives

- 1 Atelier 1 : Ping Pong
- 2 Atelier 2 : Tir à l'Arc
- 3 Atelier 3 : Foot Billard
- 4 Atelier 4 : Parcours Golf

## Zone Petite Pergola - Activités ludiques

- 5 Atelier 1 : Apprendre à bien manger en jouant
- 6 Atelier 2 : Et si entreprendre était un jeu d'enfant ?
- 7 Atelier 3 : Instant ludique
- 8 Atelier 4 : Magie ou Science ?
- 9 Atelier 5 : Votre santé nous intéresse
- 10 Atelier 6 : UM6P Student's Life
- 11 Atelier 7 : UM6P Student's Life
- 12 Atelier 8 : The Comm's Factory
- 13 Atelier 9 : DIY recyclage

## Zone Extérieur de l'Atrium - Activités artistiques

- 14 Ateliers dessin & coloriage
- 15 Ateliers maquillage

## Zone Agora - Show Time

- 16 10h30 - 11h00 : Mini show UM6P Band & U Dance
- 16 11h00 - 13h00 : Animation musicale - DJ
- 16 13h00 - 13h30 : Tournée tambourins - Gnaoua
- 16 14h00 - 15h00 : Spectacles de magie
- 16 15h00 - 16h00 : Atelier Zumba enfant & adulte
- 16 16h00 - 16h30 : Tournée parade musicale & Mascottes : Clown-Poupées
- 16 16h30 - 17h00 : Mini show UM6P Band & U Dance

## Zone Nouvelle Pergola - Parc de jeux gonflables

- 17 Jeux gonflables
- 18 Trampolines

## Zone sous Bâtiment Administratif & Restaurant - Food Corner

- 19 Stations déjeuner : Adultes & Enfants
- 20 Stations pause-café
- 21 Stands gourmandises

Parc de jeux gonflables

18  
17

19

Food Corner



20  
21

15 14 15 14 15 14

Activités artistiques

Activités ludiques

13 12  
11 10  
9 8  
7 6  
5

Centre de Conférence

1 2 Activités sportives

3 4



Entrée Principale





## INTERNATIONAL DAY OF DIABETES

jeudi 10/11/2022 20:02

HC health center

Journée Mondiale du diabète

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

Hicham EL HABTI



**Savez-vous ou  
non si vous êtes  
diabétique ?**



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