



GOOD HEALTH AND WELL-BEINGS IN AL-MUSTAQBAL UNIVERSITY 2023

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"In 2023, Al-Mustaqbal University implemented numerous projects and activities that align with the third Sustainable Development Goal of good health and well-being. The university is committed to being a sustainable institution at all times. This booklet highlights several activities carried out in 2023."

COLLABORATIONS AND HEALTH SERVICES YEAR 2023 CURRENT COLLABORATIONS WITH HEALTH INSTITUTION

Al-Mustaqbal University actively engages in strategic collaborations with leading health institutions to enhance the quality and impact of its health programs. These partnerships are integral to advancing research, providing practical training, and addressing real-world health challenges. By working closely with renowned hospitals, research centers, and healthcare organizations, the university ensures that its students and faculty benefit from cutting-edge resources and expertise. These collaborations also facilitate the exchange of knowledge and innovations, contributing to the overall improvement of health services and the development of effective solutions to contemporary health issues. Through these cooperative efforts, Al-Mustaqbal University reaffirms its commitment to excellence in health education and its role in advancing public health.

INITIATIVE OF BLOOD DONATION CAMPAIGN IN COOPERATION WITH THE MINISTRY OF HEALTH, BABIL HEALTH DIRECTORATE

Al-Mustaqbal University recently organized a blood donation campaign to support patients suffering from thalassemia, anemia, and other medical conditions. Hosted by the College of Medical and Health Technologies in collaboration with the Babil Health Directorate, the initiative witnessed strong participation from faculty members, students, and staff. This effort reflects the university's commitment to sustainable health development and its dedication to improving the well-being of communities.



برعاية السيد رئيس جامعة المستقبل
الدستاد الدكتور حسن شاكر مجدي المحترم
وبإشراف عميد كلية التقنيات الصحية
والطبية الدكتورة زهراء حليم القيم
بالتعاون مع دائرة صحة بابل
تقام حملة كبرى تبرع بالدم لمرضى
الثلاسيميا وفقر الدم والأمراض المختلفة
والعمليات الجراحية بعنوان :
(قطرة دم ... تنقذ حياة)
في تمام الساعة العاشرة صباحا , في المختبرات الطبية
الثلاثاء ٢٠٢٣/١٢/٥

This initiative is rooted in the principles of humanitarian assistance and civic responsibility. It garnered significant participation from university staff and

students, effectively contributing to the achievement of the third Sustainable Development Goal: ensuring good health and well-being.

The campaign aims to save the lives of patients battling thalassemia, anemia, and other illnesses by providing much-needed blood donations. Additionally, it promotes the

personal health of donors while fostering a spirit of national unity and cooperation among citizens.



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INITIATIVE THE STUDENT TRAINING PROJECT IN HEALTH INSTITUTIONS

Summer training project for students of Al-Mustaqbal University, particularly in the medical colleges and departments, is considered one of the most important tools related to the third goal of sustainable development. The summer training in health institutions aims to engage students in the workforce and the practical aspects of medicine, teaching them how to descend into the field of health work and interact. The summer training project for students at Al-Mustaqbal University, particularly those in medical colleges and departments, plays a crucial role in advancing the third Sustainable

Development Goal: good health and well-being. This training within health institutions immerses students in the practical aspects of healthcare, allowing them to gain hands-on experience in their field of study. It equips students with the skills needed to interact with patients and operate medical equipment according to their specializations. Summer training is also a vital university requirement that supports students in successfully advancing through their academic stages.

For instance, students in the Anesthesia Technology Department continue their summer training in operating rooms and intensive care units across various hospitals. Supervised by the department faculty, this training enhances their skills and provides invaluable practical experience in real-world medical settings.

<https://www.uomus.edu.iq/NewCol.aspx?newid=18999>



A segment of training for students in the Anesthesia Department at Al-Mustaqbal University was conducted at the Respiratory Resuscitation Center in Marjan Medical City. During this training, students received both theoretical and practical instruction on the roles and responsibilities of an anesthesia technician in managing critical cases within the intensive respiratory care unit. The training

adhered to ministry protocols and academic guidelines. To ensure effective learning, the students were organized into groups throughout the training period.

<https://health.uomus.edu.iq/NewColl.aspx?newid=28486&colid=23>



Summer training was conducted for second- and third-year students of the Anesthesia Department in the neonatal intensive care unit at Al-Noor Children's Hospital. The students received both theoretical and practical lectures covering all aspects of intensive care, enhancing

their knowledge and skills during their training in the Anesthesia Technology Department.

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Students in the Department of Biomedical Engineering at Al-Mustaqbal University are actively participating in their summer training, a crucial requirement for graduation for third- and fourth-year students. This training provides hands-on experience with various medical devices, including the fitting of supports and prosthetics at specialized centers

and hospitals. Additionally, students collaborate with engineering syndicates across different provinces in Iraq, further enriching their practical knowledge and skills.





Students from the College of Pharmacy at Al-Mustaqbal University are actively engaged in their summer training, aligned with the academic calendar set by the Ministry of Higher Education and Scientific Research. This training is mandatory for students who have completed their third and fourth years and is essential for earning a Bachelor's degree in Pharmaceutical Sciences. It bridges the gap between the theoretical knowledge acquired during their studies and the practical experience gained in community pharmacies,

fostering the integration of pharmaceutical and therapeutic expertise. The training is conducted under the guidance of experienced professors and is supervised by the Dean of the College of Pharmacy in collaboration with the Pharmacists' Union representative in Babil Governorate. This initiative contributes to achieving the Sustainable Development Goals of Good Health and Quality Education.

<https://uomus.edu.iq/NewCol.aspx?newid=28194>





Training for students in the Radiology Technology Department focuses on familiarizing them with a wide range of imaging devices, including X-ray machines, digital imaging systems (CR), ultrasound diagnostic equipment, computed tomography (CT), magnetic resonance imaging (MRI), and patient care. The program is designed to educate, train, and graduate highly skilled medical imaging professionals capable of handling advanced technologies in radiological imaging at specialized centers, as well as in public and private hospitals. It

also encourages collaboration with the General Syndicate of Medical Technologists across various provinces in Iraq. This training enhances students' practical and applied knowledge, contributing to the university's commitment to community and developmental partnerships, particularly in support of the third Sustainable Development Goal: good health and well-being.

<https://uomus.edu.iq/NewCol.aspx?newid=28562>



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The practical experience gained during the summer training, in collaboration with the Babil Health Directorate and other governorates, is crucial. This training period serves as a vital bridge between students' academic and professional lives. Second- and third-year students from the Department of Medical Laboratory Technologies at Al-Mustaqbal University are undertaking their summer training in hospitals and health centers across various governorates, including Babil, Najaf, Karbala, Diwaniya, Basra, Maysan, Nasiriyah, Al-Muthanna, and Wasit.

During this period, students gain hands-on experience in blood collection methods,

conduct tests on blood and other bodily fluids, prepare and process tissue slides, isolate and stain microorganisms in clinical samples, and perform biochemical tests, such as measuring blood sugar levels, fats, and hormones. This training is designed to align with modern advancements in medical technology, equipping students with high technical and professional skills. It supports the achievement of the third Sustainable Development Goal—good health and well-being—and fosters partnerships with the public health sector.

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INITIATIVE TO WELCOME PATIENTS FROM THE GENERAL PUBLIC AND PROVIDE THEM WITH FREE DENTAL TREATMENT AT THE UNIVERSITY OF THE AL- MUSTAQBAL CLINICS.

The dental clinics at the College of Dentistry, Al-Mustaqbal University, serve hundreds of visitors from the general public by offering free healthcare and treatments. These services are provided under the supervision of a specialized team of dentists in areas such as dental treatment, oral surgery, maxillofacial surgery, fillings, prosthetics, and other dental specialties. Fourth- and fifth-year students also participate in this initiative, contributing to the achievement of the third Sustainable Development Goal: good health and well-being, as well as fostering valuable partnerships.

<https://uomus.edu.iq/NewCol.aspx?newid=19858>





Al-Mustaqbal University and the Dental College Clinics provide healthcare to patients of all age groups for approximately four months each year.

<https://uomus.edu.iq/NewCol.aspx?newid=22419>



FORUMS: NURSING FORUM TO ACHIEVE THE SUSTAINABLE DEVELOPMENT GOALS GOOD HEALTH AND QUALITY EDUCATION

The College of Nursing at Al-Mustaqbal University recently organized the second Forum for Nursing Sciences under the theme "The Voice of New Knowledge in Nursing Sciences." The forum, held in the conference

hall, brought together nursing experts from across Iraq, including faculty members, nursing students, and professionals in the field.

The event focused on presenting recent advancements in scientific research related to health and environmental issues, as well as nursing care and interventions aimed at achieving the third Sustainable Development Goal: good health and well-being. It also provided a platform for exchanging experiences and ideas among faculty members, fostering a collaborative environment for disseminating knowledge and cultivating a new generation of students equipped with scientific methods to address community challenges.



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The importance of supporting nursing staff in healthcare institutions and ensuring their well-being was highlighted, reflecting the commitment of Al-Mustaqbal University to

prepare skilled professionals capable of contributing effectively to community healthcare. Participants were recognized for their creativity and significant contributions, receiving awards and certificates of appreciation. These acknowledgments, along with the forum's recommendations, are intended to guide future initiatives and benefit relevant stakeholders.



INITIATIVE OF COOPERATION PROJECT BETWEEN AL-MUSTAQBAL UNIVERSITY AND SCHOOLS IN BABIL GOVERNORATE



<https://uomus.edu.iq/NewDep.aspx?depid=19&newid=26161>

Students from the Pediatric Nursing Department at Al-Mustaqbal University conducted a field visit to Al-Sana Private Kindergarten and Al-Ankido Private Primary School. Supervised by faculty members with relevant expertise, the visit provided third-year pediatric nursing students with practical experience related to their coursework. During the visit, students measured the weight and

height of children and assessed their psychological, emotional, and cognitive development, as well as their academic abilities. This initiative fosters collaboration between the public and private sectors and supports the achievement of sustainable development goals, including quality education, good health, and well-being.

<https://nurs.uomus.edu.iq/NewColl.aspx?newid=26161&colid=19>



Both administrations expressed their appreciation for the visit by nursing college students, highlighting the significance of collaboration between educational and health

institutions in serving the community and advancing the third Sustainable Development Goal.



THE PROJECT TO OPEN HEALTH CARE TENTS FOR SOME DEPARTMENTS OF AL-MUSTAQBAL UNIVERSITY DURING SUSTAINABILITY WEEK

During Sustainable Development Week, Al-Mustaqbal University inaugurated the Medical Nursing Tent, which provides comprehensive medical check-ups for both university visitors and external guests. Services offered include blood pressure and blood sugar measurements, wound stitching technique demonstrations, and distribution of first aid kits. Health guidelines are also provided to support the achievement of the third Sustainable Development Goal related to health and well-being, all within the framework of sustainable development.

<https://nurs.uomus.edu.iq/NewColl.aspx?newid=23160&colid=19>





During Sustainability Week, the College of Nursing set up a booth offering free vital signs screenings to the public visiting Al-Mustaqbal University. The booth conducted

approximately 190 blood pressure measurements and 117 diabetes tests, among other screenings. A total of 312 local visitors and 35 Arab visitors attended the event.

<https://nurs.uomus.edu.iq/NewColl.aspx?newid=23161&colid=19>





The optical examination tent of the Optometry Department continues its activities for the third consecutive day, offering a range of medical examinations, including vision assessments and retinal exams, as part of Sustainable

for students, visitors, and external guests at no cost. Services include vision checks, retinal assessments, and various other eye-related medical tests. Additionally, medical prescriptions are issued free of charge through collaborations with ophthalmology



Development Week at Al-Mustaqbal University.

The tent provides comprehensive laboratory tests

specialists and agreements for medical drops. This initiative supports the third Sustainable Development Goal, promoting good health and well-being, and enhances health awareness and care within the university community.





<https://health.uomus.edu.iq/NewColl.aspx?newid=23191&colid=23>

Free screenings are being conducted to enhance health awareness and care within the university complimentary medical prescriptions, through partnerships with ophthalmology specialists and medical drop providers. This initiative supports

community. The services provided include vision and retinal examinations, along with

the achievement of Sustainable Development Goal 3, which is dedicated to ensuring good health and promoting well-being for all.



<https://health.uomus.edu.iq/NewColl.aspx?newid=23232&colid=23>

During Sustainable Development Week at Al-Mustaqbal University, an instructor from the Radiology Techniques Department hosted a

presentation by Al-Rimal Company for Medical Devices and Supplies, the representative of the German company Akfa for X-ray devices (CR & DR). The presentation featured:

- Radiation protection barriers
- The digital X-ray converter (CR), including an overview of the latest advancements
- The modern (DR) system
- X-ray films from Akfa

This initiative was aimed at advancing Sustainable Development Goal 3, which focuses on ensuring good health and well-being, and at fostering collaborations between private sector entities.



A segment of the medical consultation tent, organized by the Anesthesia Technology Department as part of Sustainability Week at Al-Mustaqbal University, offered medical consultations, blood pressure measurements, and hands-on training for students in blood

pressure monitoring. The tent was set up to provide these services, enhancing health awareness and practical skills among the university community.

<https://health.uomus.edu.iq/NewColl.aspx?newid=23318&colid=23>





As part of Sustainable Development Week, Al-Mustaqbal University opened a pathological analysis tent offering comprehensive laboratory examinations for students, visitors, and external guests. The tent provides free tests including blood sugar and blood pressure measurements, kidney function

tests, and other general health assessments. This initiative supports the achievement of the third Sustainable Development Goal, which focuses on ensuring good health and promoting well-being. By providing these services at no cost, the tent contributes to enhancing health awareness and care within the university community.

<https://health.uomus.edu.iq/NewColl.aspx?newid=23407&colid=23>



Initiative to Commemorate World Diabetes In observance of World Diabetes Day, the Department of Medical Laboratory Technologies at Al-Mustaqbal University organized a scientific meeting. The event

featured lectures from various medical professionals who discussed the significance of diabetes, its implications, and the dietary restrictions it necessitates. Topics included treatment methods, preventive measures, and

strategies for managing the condition effectively.

The Diabetes Children's Organization in Babylon was also featured, showcasing exemplary practices for managing diabetes effectively. Additionally, an exhibition highlighted the latest advancements in treatment methods, presenting contemporary approaches to managing the disease.

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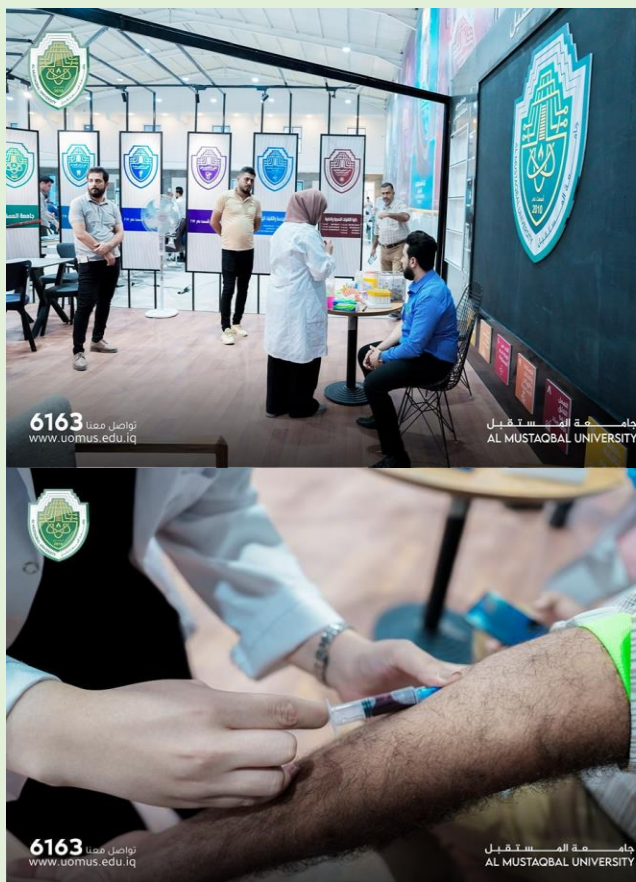


On World Diabetes Day, the Department of Medical Laboratory Techniques at Al-Mustaqbal University organized free medical

Examinations for students, raising awareness about the risks associated with diabetes. The event included explanations of the disease's impact on individuals, families, and society, as well as guidance on periodic follow-up to mitigate complications.



"INITIATIVE TO COMMEMORATE WORLD RADIOLOGY DAY"



The Department of Radiologic Technologies at Al-Mustaqbal University organized an event to mark World Radiology Day 2023. Under the theme "The Role of Radiology Staff, Including Doctors, Specialists, and Technicians in Supporting Patients," the event aimed to advance the Sustainable Development Goals, particularly Goal 3 related to good health and well-being.

- Dr. Jasib Al-Hajjami, represented by Mr. Hassan Kassar, Director General of the Department of Environmental Protection and Improvement in the Middle Euphrates Region.

- Assistant Professor Dr. Samira Adnan Mahdi, Head of the Physics Department at the Faculty of Science, Babylon University.
- Engineer Makki Hadi Omran Al-Shammari, represented by Mr. Hassan Abdul Hamza, Director of Babylon Environment and Radiation Control Division.
- Mr. Hassan Abdul Hamza and Mr. Bahaa Shaker, officials of the Euphrates Municipal Division.

The event featured a speech by the Head of the Department of Radiologic Technologies, Prof. Dr. Raad Shaker Abis, who addressed the critical role of the radiology team in patient care. The day included several specialized lectures:

- **“Exposure of Radiation in Linear Acceleration Units”** by Prof. Dr. Nihad Abdul-Amir Saleh, Faculty of Science, Babylon University.

- **“AIR COIL SIMPLY BETTER”** by Mr. Ammar Fares Hassan, Representative of General Electric.
- **“Employing Digital Image Processing Algorithms to Detect Tumors in Medical Images”** by Prof. Dr. Rabab Saadoun Abdoun, Faculty of Science, Babylon University.
- **“Elastography”** by Dr. Ahmed Fayez Nasser Al-Saad, Radiology and Sonar Specialist, Imam Al-Sadiq Hospital (AS).

The event also featured displays of the latest radiology, sonar, and magnetic resonance technologies from international companies, scientific posters, and an exhibition showcasing student artwork and talents. <https://uomus.edu.iq/NewCol.aspx?newid=20058>





INITIATIVE COOPERATION WITH FOREIGN HOSPITALS

As part of its ongoing efforts to attract scientific expertise and strengthen academic partnerships, Al-Mustaqbal University hosted a distinguished guest from a prominent German hospital specializing in urology and infertility treatment. The guest delivered a lecture on the German healthcare system, comparing it to the

healthcare system in Iraq. This initiative aims to foster partnerships and advance the third Sustainable Development Goal.

<https://uomus.edu.iq/NewCol.aspx?newid=23822>



Attendees, including professors and students, actively engaged with the guest's lecture. The visitor expressed admiration for the outstanding scientific advancements observed during a tour of the university's medical and pharmaceutical laboratories and dental clinics. The guest also praised the university's leadership for its commitment to infrastructure development and the enhancement of facilities. This visit was part of ongoing efforts to promote scientific exchange and advance academic progress.

SOME GOVERNMENT DEPARTMENTS, COLLEGES AND HOSPITALS

<https://health.uomus.edu.iq/NewColl.aspx?newid=26605&colid=23>

INITIATIVE COLLABORATIVE VISITS AND WORKSHOPS WITH

The Faculty of Medical and Health Technologies, in coordination with the High Commission for Human Rights/Babylon Branch, organized a workshop on drug control. The event was overseen by the Dean of the Faculty of Medical and Health Technologies and led by the head of the Department of Anesthesia Techniques.



Drug addiction often begins with the experimental use of recreational substances in social settings and can become more prevalent with repeated use. For some individuals, particularly with opioids, addiction may start with the use of prescription medications, either

through personal prescriptions or by obtaining them from others. The risk of developing an

addiction and the speed at which an individual may transition from a healthy state to addiction can vary depending on the substance. Certain drugs, such as opioid analgesics, carry a high risk of addiction.



The Department of Anesthesia Techniques organized a scientific workshop at the Faculty of Girls' Sciences at the University of Babylon on World Malaria Day. The event focused on raising awareness about malaria, a life-threatening disease transmitted to humans by

certain mosquito species. The workshop aimed to enhance understanding of malaria and its prevention.

<https://health.uomus.edu.iq/NewColl.aspx?newid=26207&colid=23>



Malaria can be prevented by avoiding mosquito bites and using appropriate medications. Treatments are also effective in preventing the progression of mild infections.

There are five primary types of malaria-inducing parasites that pose the greatest risk: **Plasmodium falciparum** (the most deadly and widespread in Africa), **Plasmodium vivax**, **Plasmodium ovale**, **Plasmodium malariae**, and **Plasmodium knowlesi**. The first symptoms of malaria

typically include fever, headache, and chills, which usually appear within 10 to 15 days after exposure to an infected mosquito bite. Symptoms can be mild in some individuals, especially those who have had malaria before. Early testing for malaria is crucial for effective treatment and prevention.

This initiative aligns with the principles of partnerships and supports the third Sustainable Development Goal of promoting good health and well-being.



The Department of Anesthesia Technologies organized a campaign to distribute medical supplies and first aid materials to schools in the Babylon Governorate. This initiative, aimed at enhancing health awareness, was conducted under the supervision of the Dean of the College of Health and Medical Technologies and the Head of the Department of Anesthesia Technologies.

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In alignment with the third Sustainable Development Goal and in partnership with governmental hospitals, the Department of Radiologic Technology organized a visit to Marjan Medical City. This visit, supervised by two specialized faculty members and accompanied by fourth-year students, focused on familiarizing participants with the latest

advancements in radiology equipment. The students were introduced to the components and operational methods of CR and DR devices, including comparisons in performance speed, image clarity, and radiation levels.

<https://health.uomus.edu.iq/NewColl.aspx?newid=22704&colid=23>





To foster health partnerships and cooperation with the governmental health sector, in line with the third Sustainable Development Goal, the Sustainable Development Committee from the Faculty of Dentistry visited Al-Mahawil General Hospital. The committee, consisting of faculty members and assistants, met with the hospital's director, along with his staff and dental consultants. During the visit, the committee discussed its mission related to promoting good health and well-being. They explored ways to strengthen connections between the university and health institutions, aiming to enhance community service and develop strategies for sustainable awareness and problem-solving.

<https://den.uomus.edu.iq/NewColl.aspx?colid=3&newid=20186>



"Al-Mustaqbal University organizes weekly visits for students from the Faculty of Pharmacy to governmental and public sector hospitals and health centers, in support of the third Sustainable Development Goal: good health and well-being."

These visits, which involve rotations of fifth-year pharmacy students, aim to foster



partnerships between the Ministry of Higher Education and the Ministry of Health. The program includes hospital training materials, patient follow-ups, admissions, and other practical experiences to ensure comprehensive preparation for students.

<https://pharm.uomus.edu.iq/NewColl.aspx?newid=26204&colid=12>



Students from the College of Pharmacy continue their weekly visits to hospitals and medical centers in Babylon Governorate. These visits are part of ongoing efforts to

Foster partnerships that advance the goals of sustainable development.

<https://pharm.uomus.edu.iq/NewColl.aspx?newid=24760&colid=12>





The Faculty of Nursing at Al-Mustaqbal University conducted a field visit to Al-Sana Nursery and Kindergarten to support and promote child health, aligning with the third goal of the Sustainable Development Goals (SDGs) focused on good health and well-being.

cognitive development of the children at the nursery and kindergarten. This initiative aimed to strengthen the partnership between the Ministry of Higher Education and the Ministry of Education in pursuit of sustainable development goals, including enhancing health and well-being.

During the visit, third-year pediatric nursing students, supervised by faculty members specializing in pediatric care, assessed the weight, height, psychological, emotional, and The management of Al-Sana Nursery and Kindergarten expressed their appreciation for the visit, highlighting the significance of collaboration between educational and health institutions in serving the community.

<https://nurs.uomus.edu.iq/NewColl.aspx?newid=20963&colid=19>





The Department of Biomedical Engineering organized a scientific visit to Al-Kafeel Specialized Hospital in Karbala Governorate.

The Department of Biomedical Engineering organized a scientific trip to Al-Kafeel Specialized Hospital in Karbala Governorate for fifth-year students. This initiative aligns with the university's commitment to implementing Sustainable Development Goals, specifically the third goal related to good health and well-being.

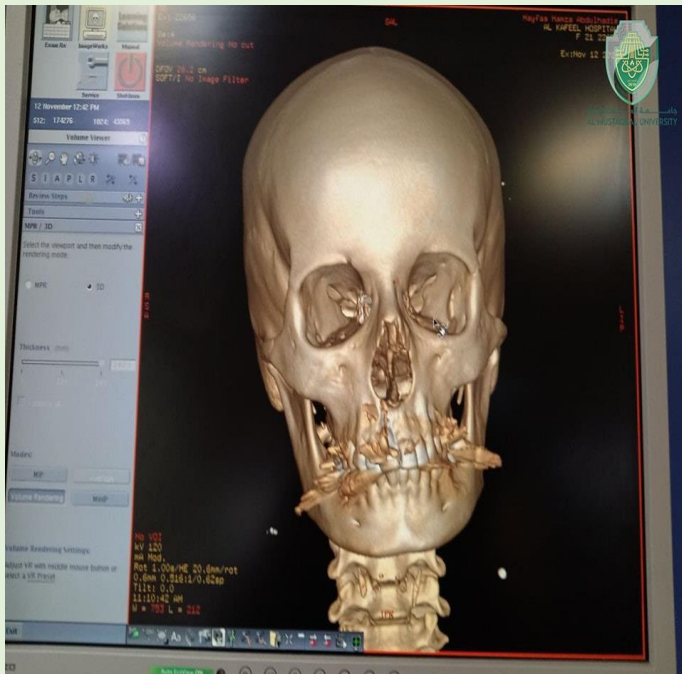
The visit aimed to provide students with practical insights into the application of biomedical engineering principles and foster partnerships with the private sector. During the

trip, faculty and students were welcomed by the Director of the Training Department and the Director of the Relations Department at the hospital. They received a comprehensive presentation on the hospital's history, the services it offers, and its collaborations with other medical institutions.

This visit supports the academic curriculum for fifth-year students, who will subsequently prepare detailed reports on the topics covered and present their findings. This effort contributes to advancing both health and educational outcomes.

<https://uomus.edu.iq/NewCol.aspx?newid=20411>





The Department of Radiological Techniques organized a scientific visit to Imam Al-Sadiq Hospital to provide students with training on the MVRAS equipment. During this visit, students received hands-on instruction on using the MVRAS device and were also involved in distributing educational brochures on maintaining public health. This initiative,

supervised by the department's professors, aims to foster partnerships between private and governmental sectors while advancing the Sustainable Development Goals related to good health and quality education.

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"PLANS FOR THE UNIVERSITY TO HOLD DISCUSSION SESSIONS IN SUPPORT OF THE THIRD SUSTAINABLE DEVELOPMENT GOAL."

During Al-Mustaqbal Sustainability Week, a panel discussion titled "Health Protection from Environmental Change" was held. The panel featured lectures from distinguished professionals across various fields:

- **Head Physicist Hassan Abdul Hamza Hussein** from the Radiation Control Division at the Babylon Environment Directorate delivered a lecture titled "Methods of Radiation Protection and Statistics on Radiation Workers."
- **Senior Chief Engineer Weam Abbas Hussein**, Head of the Planning and Sustainable Development Division at the Babylon Environment Directorate,

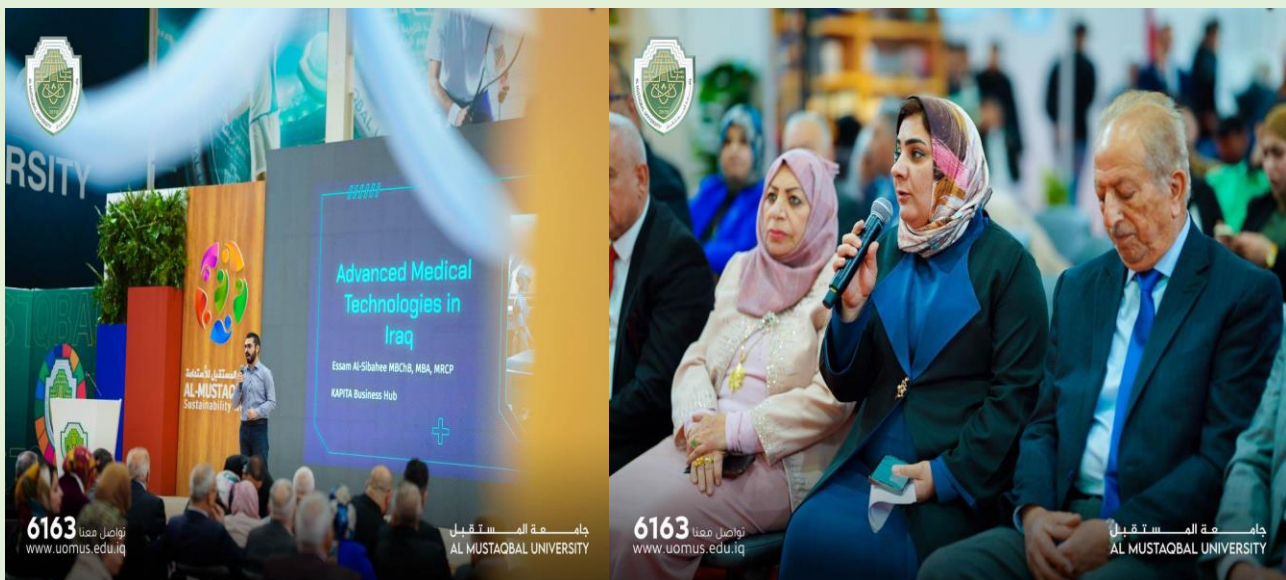
presented on "Efforts Towards Sustainable Development in Babylon Governorate."

- **Dr. Sadiq Diah Munir Al-Jaafar**, a researcher and academic from the Faculty of Food Sciences at Al-Qasim Al-Khadra University, who is also a member of the United Nations Economic and Social Commission for Western Asia (ESCWA) Regional Meetings Committee on Food Systems and the FAO Global Forum on Food Security and Nutrition (FSN Forum), spoke on "From Farm to Fork: Exploring the Role of Sustainable Nutrition in Promoting Health and Well-being in Iraq."
- **Dr. Issam Munir** discussed "Advanced Medical Technology in Iraq" and the latest technologies used in diagnosing and identifying diseases.
- The session concluded with insights from **Dr. Musab Kazim Al-Aboudi**, an oncologist and Director of Al-Amal National Hospital, who also coordinates atomic energy projects.

These lectures align with the third Sustainable Development Goal, focusing on reducing pollution of air, water, and soil by 2030 from hazardous pollutants, including chemicals, plastics, and radiation. The IAEA supports countries in addressing cancer by educating

and training health professionals, developing comprehensive cancer control programs, and establishing facilities for nuclear medicine, radiotherapy, and diagnostics. This

collaborative effort underscores the importance of partnership plans and strategies across different ministries and sectors to achieve good health and well-being.



As part of the Al-Mustaqbal Sustainability Week Festival, held under the patronage of His Excellency the Minister of Higher Education and Scientific Research and the President of Al-Mustaqbal University, the College of Health and Medical Technologies hosted a dialogue session titled "Protecting and Improving the Health of People and Their Communities."

This session focused on the third Sustainable Development Goal of good health and well-being. It featured contributions from:

- **Dr. Mustafa Muhammad Ali Wahoudi**, Head of the Mother and Child Care Division
- **Dr. Ali Hussein Omran**, Head of the Immunization and Vaccines Division

- **Dr. Maher Jawad Kazim**, Head of the Communicable Diseases Division

The discussion was moderated by **Dr. Firas Sattar Ghani** from the Department of Anesthesiology at Al-Mustaqbal University.

Topics covered in the session included:

- Vaccine statistics in Iraq, particularly in Babylon Governorate
- Reasons for recent declines in vaccine uptake
- Causes of communicable diseases, including parasites, bacteria, viruses, and non-communicable diseases such as hypertension, diabetes, obesity, and cancer
- Strategies to reduce the incidence of these diseases
- Statistics on the reduction of dangerous communicable diseases and methods to raise awareness about their seriousness

The session also emphasized the importance of specific targets within Goal 3:

- **Target 3.1:** Reducing maternal mortality
- **Target 3.2:** Reducing neonatal and under-5 mortality
- **Target 3.7:** Enhancing reproductive health

This includes improving maternal and child care, reducing child mortality under five years old, and improving reproductive health through detailed statistics and strategies to achieve better health and well-being.

<https://uomus.edu.iq/NewCol.aspx?newid=22980>





The Department of Medical Laboratory Techniques organized the Scientific Forum on Cancer in collaboration with the National Cancer Research Center at the University of Baghdad, the Faculty of Science at the University of Babylon, and the Oncology Center of the Babylon Health Department.

Held on Saturday, February 4, 2022, in the central conference hall of the medical building, this forum aimed to address the third Sustainable Development Goal—good health and well-being.

The forum featured presentations and discussions on cancer research, supported by Al-Mustaqbal College. The lectures were as follows:

- **Dr. Ali Samir**, Oncologist and Hematologist at the Babylon Oncology Center, delivered a lecture titled “Types of Tumors and Patient Statistics (Diagnosis and Treatment).”

- **Dr. Kawakib Najmuddin**, Director of the Pioneer Center for Cancer Research at the University of Baghdad, presented on “Cervical and Breast Cancer: Statistics from the Center's Research.”
- **Dr. Shaker Al-Alwani**, Professor of Virology at the Faculty of Science, University of Babylon, spoke on “Cancer-Causing Viruses.”
- **Dr. Kifah Ismail** from the Karolinska Institute in Sweden (via online), addressed “International Support for Iraq in Controlling Cancer Diseases.”

The session concluded with several key recommendations. The lecturers were honored with shields from the college in recognition of their valuable contributions to the forum. Additionally, an exhibition of cancer drugs and supporting medicines was inaugurated.

<https://health.uomus.edu.iq/NewDep.aspx?depid=8&newid=17637>



The Department of Medical Laboratory Technologies organized a scientific seminar in observance of World Tuberculosis Day, in collaboration with Hammurabi Faculty of Medicine at Babylon University and the Dr. Saleh Al-Mukhtar Tuberculosis Center at the Babylon Health Department. The seminar, titled "For a Tuberculosis-Free Iraq," addressed several key themes, including:

- **Definition of Tuberculosis:** Symptoms and clinical diagnostic methods.
- **Epidemiology of Tuberculosis:** Methods of transmission and strategies for infection prevention.

- **International Treatments:** Approved treatments as per the World Health Organization.
- **Modern Diagnostic Methods:** The most accurate and rapid diagnostic techniques.
- **Educational Materials:** Distribution of brochures about tuberculosis to attendees and within the college corridors.

The seminar featured the following lectures:

- **Dr. Raad Matar,** Director of the Dr. Saleh Al-Mukhtar Center for Chest and Respiratory Diseases, delivered a

lecture on the epidemiology of tuberculosis.

- **Dr. Ahlam Al-Jashami**, from the Dr. Saleh Al-Mukhtar Center, discussed the treatment of tuberculosis patients.
- **Mr. Hussein Hamza Al-Jubouri**, also from the Dr. Saleh Al-Mukhtar Center, presented on laboratory diagnostic methods.
- **Dr. Mustafa Jawad Al-Amari** from Hammurabi Medical College at the University of Babylon provided insights into the characteristics of the

Mycobacterium tuberculosis bacteria and the immune response elicited by the body.

This seminar aimed to enhance awareness and knowledge about tuberculosis, contributing to efforts for a tuberculosis-free Iraq.

<https://health.uomus.edu.iq/NewDep.aspx?depid=8&newid=18143>



The Department of Radiologic Techniques organized a scientific seminar titled “Movement in Medicine: Effective Physiotherapy Strategies for the Treatment of Knee Arthritis.” The seminar was delivered by a specialist in joint and muscle rehabilitation from Marjan Medical City. This event was conducted under the supervision and coordination of the Department of Radiologic Techniques.

The seminar focused on diagnosing knee osteoarthritis, radiographic techniques, and treatment methods. It aligns with Sustainable Development Goals 3 and 4, which emphasize good health and quality education. <https://uomus.edu.iq/NewDep.aspx?depid=15&newid=20861>



The Women's Affairs Division at Al-Mustaqbal University organized a scientific seminar focused on the importance of health protection for women. This seminar addressed the critical

issues of women's health care, including the discrimination they face, which often prevents them from reaching their full potential. The seminar aimed to provide women with

opportunities to achieve their goals and align with the university's commitment to the third and fifth Sustainable Development Goals: ensuring healthy lives and promoting well-

being for all, and achieving gender equality and empowering all women and girls.

<https://uomus.edu.iq/NewCol.aspx?newid=24646>



"FIRST AID PROJECT SERIES IN COLLABORATION WITH CIVIL SOCIETY ORGANIZATIONS AND GOVERNMENT INSTITUTIONS"

The Department of Medical Physics Sciences at Al-Mustaqbal University, in collaboration with the Watan Volunteer Team, organized a specialized workshop on first aid. The workshop focused on life-saving techniques and immediate response strategies for emergencies such as cardiac arrest, choking in children, and other critical situations.

The workshop comprised both theoretical and practical training components. The training team and student participants highly praised

the workshop and contributed valuable ideas, enhancing the skills of the physics students and advancing the Sustainable Development Goals related to good health and well-being.

<https://uomus.edu.iq/NewDep.aspx?depid=11&newid=19927#:~:text=%D8%A8%D8%B1%D8%B9%D8%A7%D9%8A%D8%A9%20%D8%B1%D8%A6%D9%8A%D8%B3%20%D8%AC%D8%A7%D9%85%D8%B9%D8%A9%20%D8%A7%D9%84%D9%85%D8%B3%D8%AA%D9%82%D8%A8%D9%84%D8%8C%20%D8%A7%D9%84%D8%A3%D8%B3%D8%AA%D8%A7%D8%B0%20%D8%A7%D9%84%D8%AF%D9%83%D8%AA%D9%88%D8%B1%20%D8%AD%D8%B3%D9%86%20%D8%B4%D8%A7%D9%83%D8%B1,%D9%85%D8%AB%D9%84%20%D8%AA%D9%88%D9%82%D9%81%20%D8%A7%D9%84%D9%82%D9%84%D8%A8%20%D9%88%D8%A7%D9%84%D8%A7%D8%AE%D8%AA%D9%86%D8%A7%D9%82%20%D9%84%D8%AF%D9%89%20%D8%A7%D9%84%D8%A3%D8%B7%D9%81%D8%A7%D9%84%20%D9%88%D8%AD%D8%A7%D9%84%D8%A7%D8%AA%20%D8%A3%D8%AE%D8%B1%D9%89.>





Under the guidance of the Minister of Higher Education and the Department of Women's Affairs, and with the support of the President of Al-Mustaqbal University, the Women Empowerment Division, in collaboration with the College of Nursing, held a scientific workshop titled "Developing Women's Skills in First Aid." The workshop was conducted by a group of professors from the College of Nursing.

The workshop focused on first aid techniques, including responses to drowning and suffocation, as well as performing cardiopulmonary resuscitation (CPR) for adults, children, and infants. Participants received valuable tips and information on effectively handling these emergency situations.

The session was conducted in a practical and interactive manner, allowing participants to practice first aid on various models and scenarios. This hands-on approach aimed to enhance participants' skills and boost their confidence in providing initial medical care during emergencies. The necessary equipment and tools were provided, and guidance was offered on managing critical medical cases and delivering appropriate first aid.

First aid plays a crucial role in saving lives and reducing the severity of injuries and illnesses. By learning how to handle emergencies and administer prompt care, individuals can significantly improve the chances of survival and minimize both physical and psychological harm.

<https://uomus.edu.iq/NewCol.aspx?newid=22330>



To support the Sustainable Development Goals of good health and well-being, the Faculty of Nursing at Al-Mustaqbal University, under the patronage of the President of Al-Mustaqbal University, organized a workshop on first aid in collaboration with the Iraqi Red Crescent team.

The training course, titled "First Aid," featured lectures from the Iraqi Red Crescent Society and engaged both students and faculty. The workshop covered both theoretical and

practical aspects of first aid, addressing a range of emergency scenarios including fractures, burns, suffocation, drowning, explosions, and car accidents. Participants were trained in the practical application of first aid techniques and the proper methods for transporting injured individuals to the nearest hospital. The Iraqi Red Crescent team facilitated hands-on training, ensuring that each student had the opportunity to practice and refine their skills. <https://uomus.edu.iq/NewCol.aspx?newid=20076>



<https://nurs.uomus.edu.iq/NewColl.aspx?newid=17854&colid=19>

The Faculty of Dentistry at Al-Mustaqbal University organized a workshop on first aid in collaboration with the Canadian Medical Academy. Titled "First Aid," the workshop featured a comprehensive series of lectures and practical demonstrations.

The session included participants from various departments across Al-Mustaqbal University. It covered both theoretical and practical aspects

of first aid, such as basic cardiopulmonary resuscitation (CPR), handling risk situations, and addressing emergencies including fractures, suffocation, drowning, car accidents, and burns. Instruction was also provided on measuring blood pressure and blood sugar, as well as the procedures for assisting victims and transporting them to the nearest hospital.

The workshop aimed to enhance students' practical skills and knowledge to effectively respond to medical emergencies.





The Faculty of Physical Education and Sports Sciences organized a practical workshop on first aid in collaboration with the Iraqi Red Crescent team. This workshop was designed to support the Sustainable Development Goals,

specifically focusing on achieving good health and quality education.

<https://sport.uomus.edu.iq/NewColl.aspx?ne wid=22551&colid=10>



The Faculty of Physical Education and Sports Sciences held a practical workshop on first aid in collaboration with the Iraqi Red Crescent team. The workshop, which involved both faculty and students, aimed to enhance and develop students' skills in managing common health hazards and responding to

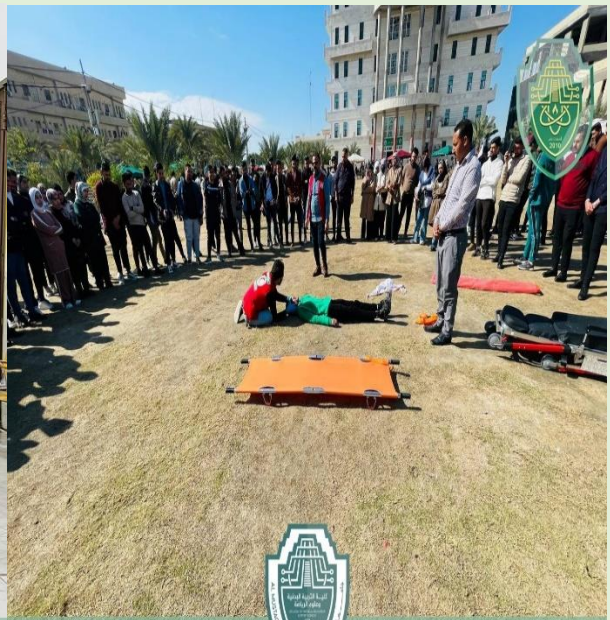
emergencies. It included both theoretical and practical components on administering first aid for various injuries and handling road-related emergencies.



AL-Mustaqbal University
College of Physical Education
And Sports Science



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كلية التربية البدنية وعلوم الرياضة



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HEALTH OUTREACH PROGRAMS

Al-Mustaqbal University is deeply committed to enhancing community health through its dynamic health outreach programs. These initiatives are designed to bridge the gap between academic knowledge and community needs by offering practical health education, preventive services, and support directly to underserved populations. The university's outreach efforts focus on addressing key health challenges, improving access to essential care, and empowering individuals to make informed health decisions. By organizing workshops, health fairs, and mobile clinics, Al-Mustaqbal University actively engages with the community to promote wellness and prevent illness. This proactive approach reflects the university's dedication to its social responsibility and its

mission to contribute meaningfully to public health improvements.

Al-Mustaqbal University, through its dedicated faculty and students, actively supports a series of ongoing and organized health awareness campaigns targeting various segments of society. These initiatives are designed to promote good health and well-being, aligning with the third goal of the Sustainable Development Goals (SDGs). The campaigns focus on raising awareness of key health issues that impact individual and community well-being. As part of these efforts, Al-Mustaqbal University has conducted multiple campaigns in local schools, particularly within the Babylon Governorate, where university teams engage with students to spread essential health knowledge.

HEALTH AWARENESS CAMPAIGN INITIATIVES IN SCHOOLS

<https://health.uomus.edu.iq/NewColl.aspx?newid=22073&colid=23>

The Department of Anesthesia Technologies at the College of Health and Medical Technologies organized an awareness campaign on seasonal influenza. Faculty members distributed informational brochures to school students to raise

awareness about the disease. Seasonal influenza is a contagious respiratory infection caused by influenza viruses, commonly found worldwide. It spreads easily through coughing or sneezing. Vaccination remains the most effective method of prevention. Symptoms of the flu include sudden fever, cough, sore throat, body aches, and fatigue. Treatment focuses on alleviating

symptoms, with rest and adequate fluid intake being essential. While most

INDIVIDUALS RECOVER WITHIN A WEEK, MEDICAL ATTENTION MAY BE REQUIRED FOR SEVERE CASES OR THOSE WITH RISK FACTORS



The Department of Medical Laboratory Technology at the College of Health and Medical Technologies, Al-Mustaqbal University, organized



an awareness campaign on measles in children. As part of the department's ongoing health initiatives, this campaign focused on educating the

public about measles, its transmission methods, and its clinical signs in infected children, as well as prevention strategies. Measles is a highly contagious viral infection, particularly affecting children. The campaign emphasizes the seriousness and prevalence of the disease, aiming to raise awareness within the community. Ultimately, the

goal is to safeguard public health by contributing to the elimination of measles, in alignment with global efforts to eradicate the disease, particularly within Babil Governorate.<https://health.uomus.edu.iq/NewColl.aspx?newid=24448&colid=23>



The Department of Radiology Technologies at the College of Health and Medical Technologies organized an awareness campaign on the dangers of measles spread, aligning with the third Sustainable Development Goal of health and well-being. This

campaign was conducted at a primary school in the Babylon Governorate, aiming to educate and protect the community from the risks associated with the disease.<https://health.uomus.edu.iq/NewColl.aspx?newid=25825&colid=23>



In support of the national campaign by the Ministry of Health to reduce and prevent measles, the Faculty of Nursing at Al-Mustaqbal University organized an awareness campaign for school students and teaching staff. The campaign, titled *"Prevention and Reduction of Measles Spread,"* aimed to enhance community awareness by

providing valuable information on the disease, its symptoms, and preventive measures. It also highlighted the crucial role of teachers and students in the early detection of measles, controlling its spread, and preventing complications. Additionally, the campaign emphasized the importance of

vaccination as a safe and effective method for measles prevention.

<https://nurs.uomus.edu.iq/NewColl.aspx?newid=26054&colid=19>.



The College of Nursing conducted an awareness campaign on personal hygiene at Al-Aseel Middle School, in alignment with the third Sustainable Development Goal of ensuring good health and well-being. Fourth-year students distributed

informational brochures containing essential tips and guidelines, emphasizing the importance of overall body cleanliness to the school students.

<https://nurs.uomus.edu.iq/NewColl.aspx?newid=20803&colid=19>



The Nursing Department organized an awareness campaign on healthy nutrition for children at a primary school, in support of the third Sustainable Development Goal (good health and well-being). Third-year students

distributed informative flyers containing tips and guidance, emphasizing the importance of handwashing and avoiding sugary snacks and soft drinks. At the conclusion of the event, the school staff was thanked and appreciated for their warm hospitality and support.

<https://nurs.uomus.edu.iq/NewColl.aspx?newid=17071&colid=19>



HEALTH AWARENESS CAMPAIGN INITIATIVE FOR STREET AND PUBLIC OUTREACH

As part of its ongoing health awareness efforts across different segments of society, the Anesthesia Techniques Department organized an awareness campaign on Mediterranean Anemia (Thalassemia). This hereditary blood disorder is passed from parents to children and results in the body's inability to produce hemoglobin normally, which is essential for transporting oxygen and nutrients to cells and removing waste and carbon dioxide. This deficiency impacts the proper functioning of other organs. Thalassemia is a severe, life-threatening condition that can lead to serious complications if not properly managed, hence its nickname, "fatal anemia." For instance, individuals with hereditary beta- thalassemia, the most severe form, may face shortened lifespans, often not surviving beyond their thirties. This reduced lifespan is linked to iron overload in the body, which can severely damage vital organs.

<https://health.uomus.edu.iq/NewColl.aspx?newid=25852&colid>





The Department of Anesthesia Techniques conducted an awareness campaign on neonatal jaundice, a condition characterized by the yellowing of a newborn's skin and eyes. This occurs due to an excess of bilirubin, a yellow pigment produced during the breakdown of red blood cells. Neonatal jaundice is a common condition, particularly among infants born prematurely (before 38 weeks) and some who are breastfed. It typically arises because the newborn's liver is not yet fully developed to

effectively remove bilirubin from the bloodstream. In some cases, jaundice may be caused by an underlying health issue. Most infants born between 35 weeks and full term do not require treatment for jaundice. However, in rare instances, dangerously high levels of bilirubin can pose a risk of brain damage, especially when certain risk factors for severe jaundice are present.

<https://health.uomus.edu.iq/NewColl.aspx?newid=25847&colid=23>





Under the title *"Drugs: The Trade of Death,"* the Department of Radiology Technologies at the College of Health and Medical Technologies organized an awareness campaign to highlight the dangers of drug use on society. The campaign involved second-year students, who ventured into

public areas, including local streets, to discuss the harmful effects of drugs on physical and mental health, family relationships, and overall societal well-being. The team also provided information on the key steps involved in addiction treatment, emphasizing the importance of rehabilitation clinics in recovery efforts.

<https://health.uomus.edu.iq/NewColl.aspx?newid=26003&colid=23>





Al-Mustaqbal University, through its students and staff, has conducted several awareness campaigns aimed at promoting good health and well-being among students, faculty, and staff. These efforts are aligned with the third Sustainable Development Goal, which focuses on ensuring good health and well-being.

The College of Health and Medical Technologies at Al-Mustaqbal University organized a campaign to raise awareness about the dangers and harms of drug use. As part of this initiative, informational brochures were distributed both within and outside the university, supporting the ongoing efforts to promote health and achieve the objectives of the third Sustainable Development Goal.

The campaign aimed to raise awareness among students and staff about the health and social risks associated with drug use. It also provided accurate, up-to-date information on prevention strategies and available treatment options. <https://uomus.edu.iq/NewCol.aspx?newid=28090>





In support of Sustainable Development Goals, Al-Mustaqbal University organized an awareness campaign for World AIDS Day in collaboration with the local Health Department. The campaign featured the distribution of informational brochures and a scientific symposium focused on preventing and detecting HIV/AIDS. The symposium included a lecture on methods of disease detection and prevention, transmission

routes, and key directives from the World Health Organization. The Dean of the College highlighted that World AIDS Day aims to raise global awareness of the HIV/AIDS epidemic and demonstrate international solidarity in the fight against this disease. <https://uomos.edu.iq/NewDep.aspx?depid=15&newid=20860>



INITIATIVE FOR VISITING DOWN SYNDROME INSTITUTES

In observance of World Down Syndrome Day, the Department of Anesthesia Technology, in collaboration with the Unit for People with Disabilities and Special Needs at Al-Mustaqbal University, organized a visit to the Raja Institute for the Care of People with Special Needs in Babylon. The visit included the presentation of gifts and medicines, as

well as the organization of interactive activities such as face painting. The event aimed to celebrate with the children and

youth at the institute and to foster understanding on how to interact with them effectively and respectfully.





FREE MEDICAL CHECK-UP INITIATIVE

To support the Sustainable Development Goal of good health and well-being, the Department of Optometry Techniques organized a voluntary campaign to provide free eye examinations for students and staff. The screenings were conducted in the department's laboratories located on the second floor of the university. <https://health.uomus.edu.iq/NewColl.aspx?newid=22741&colid=23>





SHARED SPORTS FACILITIES

Al-Mustaqbal University provides well-equipped shared sports facilities that serve both the campus community and local residents. These facilities are designed to promote physical activity and community engagement by offering accessible spaces for various sports and recreational activities. This initiative fosters a healthy lifestyle and strengthens community connections through inclusive and well-maintained athletic amenities.

Al-Mustaqbal University supports a range of sports activities aligned with the Sustainable Development Goals, specifically focusing on the third goal of ensuring good health and well-being. Several activities were conducted during the 2023/2024 academic year, some of which are highlighted below:

THE INITIATIVE FOR THE USE OF ENVIRONMENTALLY FRIENDLY TRANSPORTATION

To support the Sustainable Development Goals of promoting good health and a clean environment, Al-Mustaqbal University celebrated World Bicycle Day on June 3. This day, recognized by the United Nations in 2018, aims to encourage the use of bicycles as a green and sustainable mode of transportation. Bicycles have long been the most cost-effective and environmentally friendly means of transport compared to other vehicles that produce harmful emissions.

Al-Mustaqbal University has embraced green transportation on campus by incorporating bicycles, scooters, and electric-powered vehicles, aligning with the university's commitment to sustainability under the theme "Towards a Sustainable University."

In conjunction with World Bicycle Day, the university hosted a sports event featuring bicycle rides on campus, involving students and staff. The event underscored the importance of fostering a culture of sustainable transportation both within the university and in the broader community. Promoting bicycle use not only offers

psychological and health benefits but also helps mitigate the environmental impact of carbon and sulfur emissions from motor vehicles, which contribute to global warming and climate change.





INITIATIVES FOR ORGANIZING FOOTBALL TOURNAMENTS WITHIN THE UNIVERSITY

Football Matches in Support of Sustainable Development Goals, Specifically Goal 3: Good Health and Well-Being.

In a spirited and enthusiastic sporting context, the Medical Device Technology Engineering Department hosted the final of a football tournament for second and third-year students. The second-year team secured a notable victory with a score of 1-4, demonstrating exceptional performance and leadership.

The tournament, overseen by college faculty, aimed to promote awareness and foster a sports culture among the students. It encouraged participants to enhance their physical fitness and develop their skills. We extend our best wishes to both teams for continued excellence and innovation in these valuable sporting events.

<https://uomus.edu.iq/NewCol.aspx?newid=21080>



INITIATIVES FOR COLLABORATION AND EXTERNAL SPORTS ACTIVITIES

The College of Physical Education and Sports Sciences organized an event in which Imam Al-Baqir Primary School was hosted, supporting child health and fostering partnerships.

In the spirit of cooperation and solidarity between universities and schools, the College of Physical Education and Sports Sciences organized an event hosting Imam Al-Baqir

Primary School. The activity featured a friendly match between the fifth and sixth grade teams from the school, held in the closed sports hall at Al-Mustaqbal University.



This event reflects the university's commitment to fostering positive relationships between educational institutions and underscores its support for sports and educational activities within the local community.

The match showcased competitive spirit and high sportsmanship between the two teams.



The College of Physical Education and Sports Sciences participated in a sporting activity at Al-

Madhatiya Industrial Preparatory School.

<https://sport.uomus.edu.iq/NewColl.aspx?newid=25193&colid=10>



In line with the principle of cooperation between the Directorate of Babylon Education and Al-Mustaqbal University's College of Physical Education and Sports Sciences, and to support the goals of sustainable development, a series of sports activities were organized. These

Included the cleaning and preparation of sports facilities, as well as the hosting of sports tournaments at Al-Madhathiya Industrial Preparatory School.



The Department of Physical Education and Sports Sciences organized a sports activity and fitness festival at Issa Bin Maryam Middle School. The event was marked by excellent discipline from both the students and the school administration.

<https://sport.uomus.edu.iq/NewColl.aspx?newid=18099&colid=10>



A weekly sports activity is held for students of the Department of Physical Education and Sports Sciences at the Babylon Tourist Resort. This event supports health and physical activity, aligning with the third Sustainable Development Goal.

In the pleasant winter weather, the students continue to engage in outdoor sports activities, applying standard sports lessons and practicing leadership skills. The activities include teaching children various motor skills such as basketball, volleyball, soccer, and handball.

The Department of Physical Education and Sports Sciences at Al-Mustaqbal University College aims to promote a sports culture within the Babylonian and Iraqi communities by organizing diverse sports events both on and off campus. These initiatives highlight the importance of sports and its positive effects on health and well-being.

<https://sport.uomus.edu.iq/NewColl.aspx?newid=16655&colid=10>





SEXUAL AND REPRODUCTIVE HEALTH CARE SERVICES FOR STUDENTS

Al-Mustaqbal University prioritizes the well-being of its students by offering comprehensive sexual and reproductive health care services. These services are designed to provide students with the support and resources they need to make informed decisions about their sexual and reproductive health. The university offers confidential consultations, education programs, and access to medical care, ensuring that students can address their health needs in a supportive and non-judgmental environment. By integrating these services into the campus experience, Al-Mustaqbal University aims to promote overall health, prevent issues, and support students in maintaining their well-being throughout their academic journey.

PREGNANCY CARE PROJECT IN BABIL GOVERNORATE

<https://health.uomus.edu.iq/NewColl.aspx?newid=23091&colid=23>



Al-Mustaqbal University launched the Al-Mustaqbal Week for Sustainable Development. As part of the week's activities, the College of Health and Medical Technologies, through its Department of Medical Laboratory Technologies, in collaboration with the Babylon Health Department, initiated a program to support pregnant women in the villages and remote areas of Babylon. The initiative aims to provide comprehensive medical care and essential services to pregnant women throughout their pregnancy, including free

necessary examinations. It involves offering specialized medical attention and ensuring routine checks to safeguard the health of both mother and fetus. This collaboration with the Babylon Health Department underscores a commitment to enhancing health care within the community. The initiative exemplifies the university's dedication to fostering community and medical partnerships, supporting sustainable development, and demonstrating the significant positive impact of such efforts on individual and societal well-being.



The Al-Mustaqbal Campaign for Pregnant Care, in collaboration with the Ministry of Health/Babylon Health Department, has been conducted on a weekly basis. Launched as part of the Al-Mustaqbal Week for Sustainability, this campaign aligns with the third Sustainable Development Goal: ensuring good health and well-being.

This week's activities focused on providing health care services to pregnant women in the Musayyib sector and Nasiriyah village. The campaign included comprehensive medical examinations, nutritional counseling, and

education on the importance of regular prenatal care. Additionally, food baskets were distributed to support women's health during pregnancy.

Awareness booklets were also handed out, offering guidance on proper nutrition, appropriate physical activity, and management of common pregnancy symptoms. These initiatives aim to boost health awareness, provide essential care for mothers and fetuses, and reduce maternal and pregnancy-related complications.

<https://uomus.edu.iq/NewDep.aspx?depid=51&newid=28364>





In continuation of the campaign launched in collaboration with the Department of Public Health and the Division of Maternal, Child, and Reproductive Health, we organized a medical awareness initiative titled “Care for Pregnant Women.” This campaign provided comprehensive

medical care to a number of remote villages in Babil Governorate. Specifically, it focused on pregnant women in the village of Al-Ayfar, located in the governorate's more isolated regions, to advance the third Sustainable Development Goal of ensuring good health and well-being.

<https://uomus.edu.iq/NewDep.aspx?depid=8&newid=28213>



The campaign is set to continue for several months, with the goal of benefiting as many pregnant women as possible. This initiative is part of a collaborative effort between educational and health institutions to enhance health awareness and provide medical care to the community, ultimately improving public health and well-being in remote areas. The organizers are optimistic about the campaign's success and are committed to continuing such initiatives to achieve sustainable development and elevate health care standards in society.

In collaboration with the Ministry of Health and the Babil Health Directorate, Al-Mustaqbal University - College of Medical and Health Technologies, Department of Medical Laboratory Technologies, is extending the care campaign for pregnant women. This effort, which aligns with Al-Mustaqbal Sustainability Week, aims to advance the third Sustainable Development



Goal of ensuring good health and eliminating poverty.

The ongoing campaign includes providing health care services to pregnant women in the Al-Hilla Sector Center 1/Abu Khammas Village and the Tufayl district. It also features the distribution of food baskets to support women's health during pregnancy. Services provided include comprehensive medical examinations, nutritional counseling, and education on the importance of regular health care during pregnancy. Additionally, awareness booklets containing information on proper nutrition, suitable physical activity, and guidance on managing common pregnancy symptoms are distributed. These efforts are designed to enhance health awareness and ensure that mothers and fetuses receive necessary care, contributing to the reduction of mortality rates and pregnancy-related diseases.

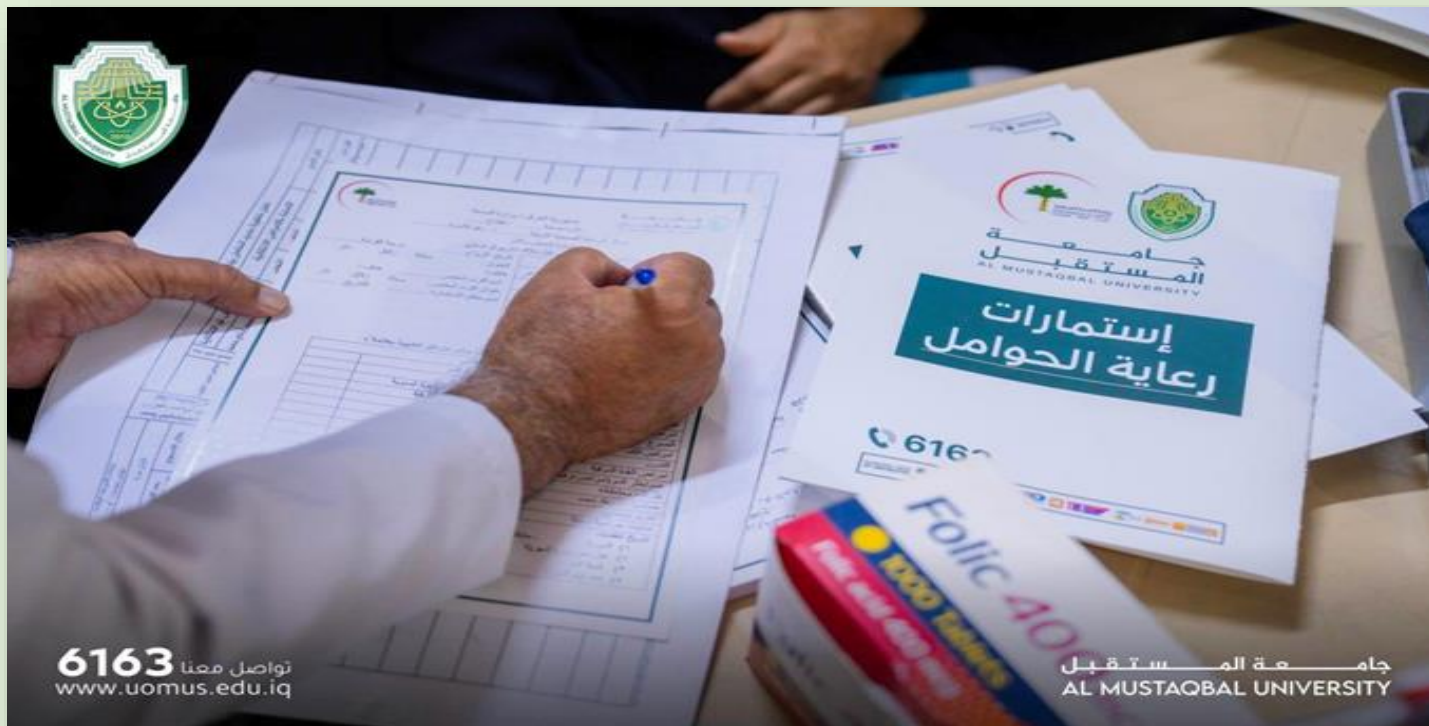


<https://uomus.edu.iq/NewDep.aspx?depid=8&newid=28213>

The campaign has continued its weekly outreach to various villages and rural areas in Babil Governorate, including the Musayyib sector and Nasiriyah village. In addition to providing essential medical services, the campaign distributes food baskets to support women's health during pregnancy. The initiative offers comprehensive medical examinations, nutritional counseling, and education on the importance of regular health care during pregnancy.

Pregnant women receive awareness booklets containing information on proper nutrition, appropriate physical activity, and guidance on managing common pregnancy symptoms. These efforts are aimed at enhancing health awareness and ensuring that mothers and their unborn children receive the necessary care, thereby contributing to the reduction of mortality rates and pregnancy-related diseases.







We would like to highlight that the campaign continues to extend its reach across all villages and rural areas of Babil Governorate, aiming to provide health care to the greatest number of pregnant women in need. This effort is

undertaken in collaboration with the Babil Health Department, with the objective of achieving the third Sustainable Development Goal of ensuring good health and well-being.

MENTAL HEALTH SUPPORT FOR STAFF AND STUDENTS

Al-Mustaqbal University is dedicated to supporting the mental health and well-being of its students through a range of accessible services. These include counseling, stress management programs, and workshops aimed at promoting emotional resilience and mental wellness. The university provides a supportive environment where students can seek help, receive professional guidance, and engage in activities that foster mental well-being. This commitment to mental health ensures that students have the resources they need to thrive academically and personally.

Al-Mustaqbal University supports a range of activities and events focused on mental and psychological health, aligning with the third Sustainable Development Goal of ensuring

good health and well-being. Various colleges and departments within the university have participated in these initiatives, including:

MENTAL HEALTH SUPPORT FOR STAFF

A series of workshops on narcotic abuse and its psychological and mental impact on the user

The English Department organized an awareness workshop titled “Narcotic Abuse and Psychotropic Substances” as part of its commitment to educational and psychological guidance. Under the patronage of the President of Al-Mustaqbal University, this workshop aimed to address critical issues related to substance abuse.

The workshop provided a comprehensive overview of narcotic abuse, including its economic, social, and environmental causes. It

emphasized the dangers of substance abuse to individuals, families, and society as a whole. Additionally, it outlined the legal penalties enforced by the competent courts in accordance with current laws.

The event was attended by faculty members and students from the department, fostering an important discussion on this pressing issue. <https://uomus.edu.iq/NewDep.aspx?depid=17&newid=23663>





The College of Fine Arts, in collaboration with the Women's Empowerment Division and the Iraq Civilization Organization, organized a dialogue symposium focused on protecting families and youth from the dangers of

narcotics. The event aimed to raise awareness among young people about the risks associated with narcotic use and strategies for combating this issue.





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Building on the significance of partnerships in achieving sustainable development goals, the Division for Sustainable Development at Al-Mustaqbal University organized a scientific symposium titled “Addiction and Its Risks to the Individual and Society in the Context of Sustainable Development.”

The event was held in collaboration with the High Commission for Human Rights and the Department of Community Organizations. Attendees included local government representatives, such as the Assistant for Planning, the Advisor for Education, the Advisor for Planning, the Director of NGO Affairs, the Associate Director for Clan Affairs from the police command, as well as

representatives from the Community Police Department and various civil society organizations.

During the symposium, it was agreed to implement an addiction treatment project at a newly opened sanatorium in Babil Governorate. Al-Mustaqbal University will contribute by offering lectures and organizing recreational sports activities designed to aid in addiction treatment and facilitate the rehabilitation and reintegration of individuals into society.

<https://uomus.edu.iq/NewCol.aspx?newid=2228>



The Department of Anaesthesia Techniques organized a scientific symposium on the dangers of narcotics, which was presented by the department head. The event, held in the conference room of the medical building, was attended by faculty members and students.

The symposium addressed the health, psychological, and social impacts of narcotic addiction, including its effects on brain

function and overall well-being. It highlighted the negative consequences on physical and mental health, behavior, and social relationships, and underscored the serious risks of addiction, including potential aggressive behavior and, in extreme cases, suicidal tendencies.

<https://uomus.edu.iq/NewDep.aspx?depid=14&newid=22277>



The Department of Construction and Construction Techniques Engineering at Al-Mustaqbal University hosted a cultural symposium titled "Narcotics: Their Effects, Damage, and Strategies to Reduce Their Spread." This event was organized in collaboration with the General Directorate of Narcotics Affairs. The symposium explored the health risks associated with narcotics, including their impact on the nervous system and overall body health, and discussed both immediate

and long-term effects. It also addressed the persuasion and promotional tactics employed by proponents of these substances, emphasizing that prevention is preferable to treatment, despite the availability of remedies for those affected.

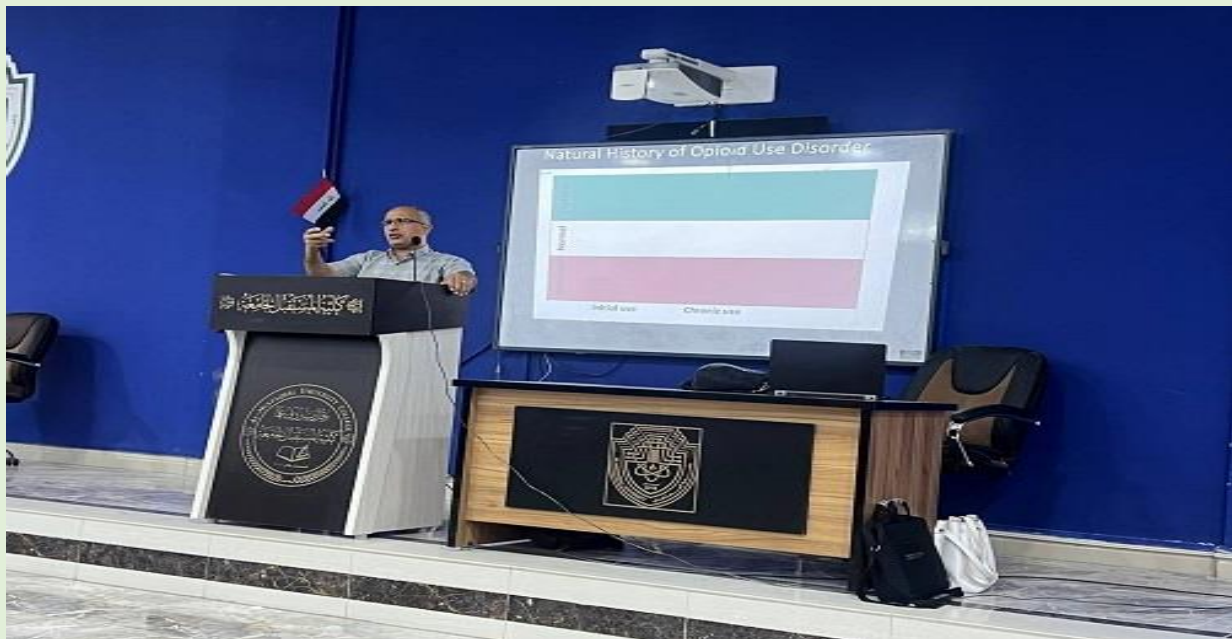
<https://uomus.edu.iq/NewCol.aspx?newid=20105>



The Department of Anesthesia Techniques, in coordination with the High Commissioner for Human Rights/Babylon Branch, organized a workshop on narcotics. The workshop focused on the use of narcotics in medical settings and

highlighted the most common types of narcotics abused by young people.

<https://health.uomus.edu.iq/NewColl.aspx?newid=26605&colid=23>



Narcotic addiction often begins with experimental use of recreational drugs in social settings and can become more prevalent with repeated use. For some individuals, particularly with opioids, addiction may start when they use prescription-only narcotics or obtain them from others with valid prescriptions. The risk

of addiction and the speed at which a person becomes addicted can vary depending on the type of narcotic. For instance, opioid painkillers present a higher risk as they can lead to addiction more rapidly compared to other substances.

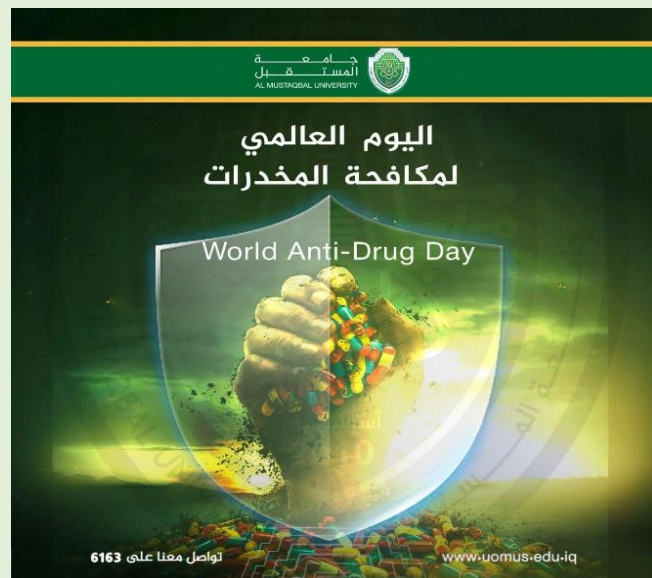




Al-Mustaqbal University hosted an awareness campaign in observance of World Narcotic Control Day, organized by the Directorate of Narcotic Affairs. The campaign, themed "No to Narcotics, Yes to Life," emphasized two primary objectives: security and awareness. The security component focused on controlling and deterring traffickers and promoters of narcotics, while the awareness component aimed to educate the public about the dangers of narcotics and prevention strategies. This effort involved coordination with various government departments, civil society organizations, media, religious leaders, community elders, university professors, schools, medical professionals, and members of the judiciary.

The campaign was part of World Narcotic Control Day, celebrated annually to highlight the serious issues associated with narcotic and psychotropic substance use. It sought to deliver a comprehensive awareness message addressing psychological, legal, and social aspects, and to encourage academic research on narcotics and their harmful effects. This reflects the university's commitment to enhancing societal awareness and addressing social challenges through its academic and community roles.

<https://uomus.edu.iq/NewDep.aspx?depid=4&newid=28018>



INITIATIVE PSYCHOLOGICAL COUNSELLING WORKSHOP SERIES

The Faculty of Science at Al-Mustaqbal University organized a seminar titled "Bullying," as part of the activities conducted by the Psychological Counseling and Educational Guidance Division. In collaboration with the Cybersecurity, Biotechnology, and Life Sciences departments, the seminar was led by the Central Activities Officer of the Faculty of Science.

The seminar aimed to clarify the concept of bullying, its consequences, and its prevalence within society. It focused on reducing bullying on campus by providing support to students and fostering a more understanding and supportive environment.

<https://uomus.edu.iq/NewDep.aspx?depid=52&newid=27448>





The Psychological and Educational Guidance Division at Al-Mustaqbal University organized a workshop titled "The Role of the Family in Supporting Personal Development and Growth." This workshop, held under the supervision of the Division Officer, featured distinguished representatives from the local police command involved in social and educational work. The event is part of the

university's ongoing series of initiatives designed to enhance awareness and education in key social and educational areas.

<https://uomus.edu.iq/NewCol.aspx?newid=25400>



MENTAL HEALTH SUPPORT FOR STUDENTS

INITIATIVE "AWARENESS WORKSHOPS AND DISCUSSION SESSIONS FOR STUDENTS"

The Faculty of Nursing organized an interactive educational workshop titled "Narcotic Abuse: Causes, Effects, and Methods of Prevention and Treatment." The workshop was attended by faculty members and a group of first-year students, as well as educators from the university.

The workshop aimed to emphasize the importance of raising awareness about the negative effects of narcotics on health, psychology, and social well-being. It also addressed the causes and factors contributing

to narcotic abuse, along with prevention and treatment methods. This initiative aligns with the goals of promoting sustainable development, particularly the third, fourth, and fifth goals.

<https://nurs.uomus.edu.iq/NewColl.aspx?newid=27343&colid=19>





IMITATIVE AWARENESS-RAISING CAMPAIGNS RELATED TO MENTAL HEALTH AND PSYCHOLOGICAL COUNSELLING

The Psychological Counseling and Educational Guidance Division at Al-Mustaqbal University organized a campaign titled "Bullying: A Phenomenon That Ravages Societies." The campaign involved the participation of university professors and students. Awareness-raising posters were distributed to address and reduce the incidence of bullying

and to establish clear regulations within working environments. The campaign highlighted the effects of bullying and aimed to increase awareness among victims about their legal rights.

<https://uomus.edu.iq/NewCol.aspx?newid=22>



Under the theme "Narcotics Trade: Death," the Department of Radiation Techniques organized an awareness campaign to highlight the harm of narcotics to society. The campaign, led by the Department of Radiation Techniques at the Faculty of Health and Medical Techniques, involved outreach to public spaces and Hali Street.

The initiative aimed to illustrate the detrimental effects of narcotics on health, psychological well-being, and family

relationships. It also provided information on the most important steps for treatment within addiction treatment clinics.

<https://health.uomus.edu.iq/NewColl.aspx?newid=26003&colid=23>



The Faculty of Health and Medical Techniques at Al-Mustaqbal University organized a comprehensive awareness campaign to address the risks and harms of narcotics. This initiative is part of the university's commitment to achieving the third Sustainable Development Goal, which focuses on ensuring good health.

The campaign aimed to raise awareness among students and staff about the health and social risks associated with narcotic abuse. It also provided accurate and current information on prevention strategies and available treatment options.
<https://sci.uomus.edu.iq/NewDep.aspx?depid=14&newid=28090>



Students from the College of Nursing conducted an anti-narcotic awareness campaign to address the prevalence of narcotics in the community. The campaign, held on Sunday, aimed to highlight this issue and encourage students to report suspicious activities to the relevant government agencies. This initiative supports the

achievement of the third Sustainable Development Goal, which focuses on ensuring good health and well-being.

<https://nurs.uomus.edu.iq/NewColl.aspx?newid=20428&colid=19>





SMOKE-FREE POLICY

Al-Mustaqbal University enforces a comprehensive smoke-free policy across all campus facilities, which can be found at: <https://www.uomus.edu.iq/NewColl.aspx?newid=28875&colid=23>. This policy is designed to protect the health of students, staff, and visitors by eliminating exposure to tobacco smoke and creating a healthier campus environment. Our smoke-free policy aligns with our broader health objectives and supports a clean and safe educational setting.

In alignment with our commitment to promoting health and well-being, Al-Mustaqbal University's College of Pharmacy has also organized a comprehensive awareness campaign on the dangers of smoking. This initiative, led by both faculty members and students, is aimed at advancing the third Sustainable Development Goal, which emphasizes good health and well-being. The campaign features educational sessions, workshops, and distribution of informative materials to highlight the severe health risks associated

with smoking, including respiratory diseases, cardiovascular issues, and cancer. By engaging the university community in these educational efforts, the College of Pharmacy contributes significantly to

fostering a healthier campus environment and supporting overall public health.















3 → GOOD HEALTH AND WELLBEING

