



Sustainable Development Goals



Good Health and Well-Being

3 GOOD HEALTH AND WELL-BEING



Good health comes with proper nutrition. Without regular and nutritious food, people cannot live, learn, fend off diseases, or lead productive lives. Key goals in this area include: reducing mental health mortality rates; ending neonatal and childhood deaths; combating infectious diseases; preventing and treating drug addiction; and achieving universal health coverage for families.

Good Health and Well-Being

College of Education

Under the patronage of Professor Dr. Yaseen Taha Al-Hajjar, President of Alnoor University, and Professor Dr. Khazaal Fathi Zaidan, Dean of the College of Education, the Department of Physical Education and Sports Sciences at the College of Education, Alnoor University, organized a seminar in the field of promoting health culture and its relation to physical exercise. The seminar was delivered by Assistant Professor Dr. Kasra Ahmed Fathi, under the title: (Body Weight, Caloric Needs, and How to Calculate Them).

