



# 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

Assistant Professor Dr. Ahmed Saeed Rasheed Al-Taie, Director of the Department of Psychological Counseling and Educational Guidance at Alnoor University, participated in a training course aimed at enhancing the skills of heads and staff of counseling departments in Iraqi universities. The course curriculum included lectures on psychological counseling, followed by practical psychological assessments conducted in the psychological laboratory. At the conclusion of the course, participants underwent personality tests, intelligence tests, and skill-based aptitude assessments.

