



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.



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The Department of Psychological Counseling and Educational Guidance at Alnoor University organized an educational workshop titled “The Psychological and Health Effects of Smoking and Methods of Quitting.” The workshop was supervised and led by Assistant Professor Dr. Ahmed Saeed Rashid, who delivered a lecture on the psychological effects of smoking, highlighting its behavioral and emotional impacts on individuals’ mental health. Assistant Professor Dr. Ma’rib Hameed Ahmed presented a lecture on the health effects of smoking, explaining its risks to various body systems and its long-term consequences. Lecturer Dr. Hussam Zidane Shakr discussed the legislative impact of the Anti-Smoking Law, addressing the legal frameworks governing smoking control in Iraq and ways to reinforce them within educational institutions. The workshop concluded with a lecture by Assistant Instructor Marwa Shaker Habib on methods of quitting smoking, outlining key psychological, behavioral, and medical approaches that help individuals stop smoking.

