



# 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.

As part of its ongoing efforts to enhance sports infrastructure and provide an integrated educational environment, Alnoor University inaugurated its first modern sports facility, an indoor sports hall dedicated to practical classes for students of the Department of Physical Education and Sports Sciences. The hall is a spacious, multi-purpose venue used for seven-a-side football, handball, volleyball, and basketball, and includes spectator stands with a capacity of approximately 500 seats, allowing audiences to follow sporting events in an organized and comfortable setting. The opening ceremony began with the entrance of participant processions, followed by speeches delivered by the President of Alnoor University, Professor Dr. Yassin Taha Al-Hajjar, and the Chairman of the Board, Dr. Bashar Mahmoud Ali, who emphasized the importance of this sports edifice in supporting the educational process and developing students' athletic skills. The event also featured the honoring of participants in taekwondo and other sports activities, as well as the engineering team responsible for completing the hall. The ceremony concluded with cutting the inauguration cake, presenting outstanding taekwondo performances, and holding a friendly match between the teams of Al-Hamdaniya University and Alnoor University in an atmosphere filled with enthusiasm and sportsmanship.

