Times Higher Education
Sustainability
Impact Ratings

3.3.2: Health outreach programmes

1-Obesity and Its Health Risks: An Awareness Seminar by Specialist Dr. Lamis Abdulrahim Nabat for University Students.

An Awareness Seminar on Obesity and Its Health Risks

Specialist Dr. Lamis Abdulrahim Nabat organized a health awareness seminar for university students, highlighting obesity as a major health concern and its impact on overall well-being.

The seminar covered the causes of obesity, healthy weight management, and its association with chronic diseases such as diabetes, hypertension, and cardiovascular diseases.

Dr. Lamis emphasized the importance of balanced nutrition, regular physical activity, and periodic health check-ups to prevent obesity-related complications.

The event witnessed positive student engagement and aimed to promote health awareness and encourage healthy lifestyle choices within the university community.

Link: https://uomus.edu.iq/Department/Details/108233



2 -Sustainability Ambassadors at the Department of Intelligent Medical Systems Organize a Ramadan Food Basket Distribution Campaign to Support Underprivileged Families.

Ramadan Food Basket Distribution Campaign
Sustainability Ambassadors at the Department of Intelligent Medical Systems, College of Science, organized a campaign to distribute Ramadan food baskets to underprivileged families, under the supervision of Prof. Dr. Mahdi Abadi and Dr. Maytham Nabil Miqdad.
The initiative aimed to support families in need and promote social solidarity, contributing to Sustainable Development Goals 2 (Zero Hunger), 3 (Good Health and Well-being), and 10 (Reduced Inequalities).

Link: https://uomus.edu.iq/Department/Details/81086



3- Launching an Awareness Campaign on Disease Prevention and Promoting Public Health.

An awareness campaign was launched to promote disease prevention and improve public health through educational lectures and guidance on preventing infectious and non-communicable diseases. The campaign emphasized the importance of early detection, healthy lifestyles, and following health guidelines, contributing to Sustainable Development Goals 3 (Good Health and Well-being), 4 (Quality Education), and 11 (Sustainable Cities and Communities)

Link: https://uomus.edu.iq/College/Details/99004

