

Impact Ranking 2025

University: Al-Mustaqbal University

Country: Iraq

Web Address: <https://uomus.edu.iq/en/default.aspx>



SDG

3

Good Health and
Well-being



3.3.2: Health outreach programmes

The College of Nursing at Al-Mustaqbal University organized a comprehensive awareness campaign focusing on mental health and psychological well-being among students and faculty members. The campaign aimed to enhance understanding of mental wellness, highlighting its vital role in academic achievement, personal development, and overall quality of life.

The initiative was aligned with Sustainable Development Goal (SDG 3): Good Health and Well-Being, with a particular emphasis on stress reduction, emotional balance, and mental resilience. As part of the campaign, interactive posters, educational leaflets, and counseling sessions were distributed and conducted across the university campus. These activities provided participants with practical tools for managing stress, developing coping strategies, and recognizing when to seek professional psychological support. From a scientific perspective, the campaign underscored evidence-based approaches to mental health promotion, advocating for the integration of mental wellness practices into daily routines and academic settings. It also emphasized the importance of peer and community support systems in fostering a healthy and supportive university environment.

This initiative reflects Al-Mustaqbal University's continuous efforts to advance health education, promote well-being, and support sustainable development through proactive community engagement.

Link: <https://uomus.edu.iq/NewCol.aspx?newid=40114>





The College of Law at Al-Mustaqbal University organized an extensive awareness campaign aimed at preventing substance abuse among university students and members of the surrounding community. The initiative sought to educate participants about the physical, psychological, and social risks associated with drug use, emphasizing the importance of adopting healthy and responsible lifestyles. As part of the campaign, educational brochures were distributed, and interactive informational sessions were conducted to encourage open dialogue and raise awareness about the dangers of substance abuse. Students actively participated in discussions led by legal and health experts, focusing on both the legal consequences and the health impacts of drug consumption.

Aligned with Sustainable Development Goal (SDG 3): Good Health and Well-Being, this campaign supports efforts to reduce health risks and promote preventive approaches to substance use within the community. From a

scientific perspective, the campaign was grounded in evidence-based behavioral change strategies, such as peer education and structured awareness programs, which have proven effective in reducing the prevalence of drug use among youth. This initiative reflects Al-Mustaqbal University's ongoing commitment to fostering social responsibility, community engagement, and sustainable health development.

Link: <https://uomus.edu.iq/NewCol.aspx?newid=62893>





The Department of Archaeology at Al-Mustaqbal University organized a comprehensive awareness campaign aimed at preventing illicit drug use among university students and members of the local community. The initiative sought to educate participants on the physical, psychological, and social harms resulting from drug abuse, emphasizing the importance of maintaining a healthy, responsible, and law-abiding lifestyle.

As part of the campaign, a series of awareness sessions were conducted featuring discussions, visual presentations, and the distribution of educational brochures that highlighted the dangers of substance use and its impact on individuals and society. Students actively engaged in these sessions, which were led by academic staff and health education specialists who elaborated on the medical effects and legal repercussions associated with drug abuse. Aligned with Sustainable Development Goal (SDG 3): Good Health and Well-Being, this campaign contributed to promoting preventive health measures and reducing risk behaviors within the community.

From a scientific and educational perspective, the campaign was based on evidence-driven behavioral change principles, focusing on awareness through peer education, risk perception, and the development of self-protective behaviors. By integrating health education with social responsibility, this initiative reflects Al-Mustaqbal University's dedication to advancing sustainable health awareness, fostering community engagement, and supporting the well-being of youth as an essential pillar of sustainable societal development.

Link: <https://uomus.edu.iq/NewDep.aspx?depid=16&newid=62885>







The College of Law at Al-Mustaqbal University organized a comprehensive awareness campaign focused on educating students and community members about labor rights, employment regulations, and fair workplace practices. The initiative aimed to promote a better understanding of workers' rights and responsibilities while highlighting the importance of maintaining safe, equitable, and respectful working environments.

As part of the campaign, interactive lectures and informative sessions were held to discuss key legal frameworks governing labor relations, workplace ethics, and employee protection laws. Educational materials and brochures were distributed to reinforce participants' understanding of fair employment standards and the significance of social justice in professional settings.

Although primarily socio-legal in nature, this campaign indirectly aligns with Sustainable Development Goal (SDG 3): Good Health and Well-Being by emphasizing the relationship between decent work conditions and overall health. By promoting safe, fair, and non-harmful workplaces, the campaign supports the prevention of occupational stress, exploitation, and health risks among workers.

From a scientific perspective, the campaign established a meaningful link between labor rights and health outcomes, demonstrating how fair employment practices contribute to both mental and physical well-being. It also reflected Al-Mustaqbal University's continued commitment to fostering community awareness, advancing legal literacy, and supporting sustainable social and health development through education and outreach.

Link: <https://uomus.edu.iq/NewCol.aspx?newid=63076>



Organized by the College of Law at Al-Mustaqbal University, this comprehensive awareness initiative was launched to address the critical issue of sexual harassment within academic and social settings. The campaign sought to cultivate a culture of respect, equality, and safety across the university community by providing participants with in-depth knowledge about legal rights, preventive measures, and available institutional support systems. A series of interactive seminars, awareness workshops, and educational sessions were conducted, complemented by the distribution of brochures and official public statements that reinforced the importance of maintaining ethical and respectful conduct on campus.

The initiative's objectives were closely aligned with Sustainable Development Goal 3 (Good Health and Well-being), emphasizing the interrelation between psychological safety, mental health, and academic performance. By integrating legal education with mental health awareness, the campaign succeeded in creating a platform that empowered students and staff to recognize, prevent, and report misconduct confidently.

From a scientific and societal perspective, the campaign demonstrated a significant impact by promoting psychological well-being and reducing the likelihood of emotional and behavioral distress linked to harassment. It underscored the essential role of community-led educational strategies in shaping a supportive academic environment where safety, dignity, and well-being are prioritized, thereby reinforcing Al-Mustaqbal University's commitment to sustainable social development and human rights protection.

Link: <https://uomus.edu.iq/NewCol.aspx?newid=62512>





Awareness Campaign on the Negative Effects of Smoking Organized by the Sustainability Ambassadors at AL_Mustaqbal University

In alignment with the Sustainable Development Goals (SDGs) and as part of efforts to enhance health awareness among students, the Sustainability Ambassadors in the College of Science at AL_Mustaqbal University organized an awareness campaign focusing on the negative impacts of smoking. The campaign aimed to highlight the health, social, and environmental risks associated with smoking, while also providing healthy alternatives and practical advice for quitting. The event featured educational lectures and visual presentations demonstrating the harmful effects of smoking on individuals and society, in addition to distributing informational materials encouraging participants to adopt a healthier lifestyle.

This initiative comes as part of the college's ongoing efforts to promote awareness of healthy habits and inspire students to take an active role in building a more conscious and sustainable community.

<https://uomus.edu.iq/NewsColServ.aspx?colid=24>



“Your Health in Your Hands” – A Community Awareness Initiative by the Sustainability Ambassadors in the Department of Smart Medical Systems
As part of its community service activities, the Sustainability Ambassadors in the Department of Smart Medical Systems at AL_Mustaqbal University

launched an awareness initiative titled “Your Health in Your Hands”, aimed at raising public awareness about the importance of having and using blood pressure and blood glucose monitoring devices at home.

The initiative focused on educating participants about the role of these devices in the early detection of chronic diseases, enabling individuals to regularly monitor their health, which contributes to improving quality of life and reducing potential health complications.



The event included the distribution of informative brochures and on-site practical demonstrations showing visitors how to use the devices correctly and interpret their readings accurately.

This initiative reflects the department’s ongoing efforts to promote sustainable health practices, integrating home medical technologies and encouraging a culture of prevention and self-monitoring as part of a healthy and sustainable lifestyle.

<https://uomus.edu.iq/NewsColServ.aspx?colid=24>

Medical Biotechnology Department at AL_Mustaqbal University Organizes an Awareness Campaign on the Dangers of Smoking.

The Medical Biotechnology Department at AL_Mustaqbal University organized an awareness campaign titled “Smoking: A Life-Threatening Danger” as part of its community service activities aimed at promoting health awareness among students and the university community.

The campaign sought to highlight the health, environmental, and social harms caused by smoking, raising students’ awareness of its risks through educational lectures, informative posters, and the distribution of scientific brochures supported by the latest statistics on smoking’s effects, particularly on the respiratory and circulatory systems.

The event witnessed active engagement from students and faculty, with open discussions and responses to inquiries about quitting smoking and exploring healthy alternatives. Organizers emphasized that such initiatives reflect the Medical Biotechnology Department’s academic and humanitarian commitment to fostering a health-conscious and responsible university community.

<https://uomus.edu.iq/NewColl.aspx?colid=24&newid=86116>





Awareness Campaign on Drug Abuse Organized by the Artificial Intelligence Department at AL_Mustaqbal University .On April 29, the Sustainability Ambassadors in the Artificial Intelligence Department at AL_Mustaqbal University organized an awareness campaign on the dangers of drug use and its impact on individuals and society, attended by faculty members, students, and specialists in health and psychology. The seminar highlighted the health risks of drug abuse, with experts noting serious consequences such as brain damage, nervous system impairment, and psychological and behavioral disorders, which can lead to depression or even suicide. The discussion also covered social impacts, including increased crime rates, family breakdown, and the negative effects of addiction on youth's academic and professional paths. The event featured scientific lectures and visual presentations illustrating how drugs affect the brain and body, alongside real-life recovery stories to educate attendees on the serious risks of drug addiction.

<https://uomus.edu.iq/NewColl.aspx?colid=24&newid=86116>



Traffic Awareness Campaign by the Department of Radiologic Techniques

The Department of Radiologic Techniques, in collaboration with the Directorate of Traffic in Babil Governorate, organized an awareness activity entitled *“Reducing Traffic Accidents through Traffic Awareness and Distribution of Educational Brochures to Drivers on Safety Procedures.”*

This campaign aimed to raise traffic awareness, promote a culture of public safety, and enhance drivers’ understanding of preventive measures that help reduce road accidents. The activity involved the distribution of informative brochures to vehicle drivers, offering practical guidance on safe driving behaviors, adherence to traffic rules, and emergency response measures.

In addition, participants engaged in interactive discussions with traffic officers to better understand common causes of road accidents and strategies for prevention. The campaign emphasized the importance of responsible driving, seatbelt use, and avoiding distracted or reckless driving, all of which contribute to protecting lives and ensuring safer roads for all.

This initiative directly supports the Third Goal of the United Nations Sustainable Development Goals (Good Health and Well-Being), which seeks to reduce injuries and deaths from road traffic accidents by promoting

preventive actions, enhancing community awareness, and ensuring healthier, safer environments for society.



<https://uomus.edu.iq/NewDep.aspx?depid=15&newid=63079>

Awareness Campaign on Positive Health Alternatives to Prevent Drug Abuse .The Department of Medical Laboratory Techniques at Al-Mustaqbal University organized an educational awareness campaign entitled “*Positive Health Alternatives to Avoid the Dangers of Drugs*” at Al-Hilla Secondary School for Distinguished Girls.

The campaign aimed to highlight positive and healthy lifestyle choices that can help individuals, particularly young students, avoid the risks associated with drug abuse. It focused on promoting awareness about the importance of adopting safe and healthy behaviors, while emphasizing the role of education and personal responsibility in preventing addiction.

Throughout the campaign, participants were introduced to healthy alternatives that support both mental and physical well-being, such as sports, balanced nutrition, creative hobbies, and community engagement. The activity also included interactive discussions and informational sessions to help students understand the consequences of drug abuse and the long-term impact it can have on health, family, and society.

<https://www.uomus.edu.iq/NewDep.aspx?depid=8&newid=63249>

