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3.3.5: Mental health support for students

1- Extremist Behavior and Intellectual Deviance Among University Youth: A Psychological Perspective.

Al-Mustaqbal University organized an awareness seminar entitled “Extremist Behavior and Intellectual Deviance Among University Youth: A Psychological Perspective.

The seminar focused on promoting students' psychological well-being, mental awareness, and healthy social relationships by addressing the psychological and social factors that may contribute to extremist behavior and intellectual deviation.

The session highlighted the importance of psychological awareness, critical thinking, positive dialogue, tolerance, and social inclusion in creating a safe and supportive university environment.

This initiative contributes to SDG 3 (Good Health and Well-being) by promoting mental health, psychological resilience, and emotional well-being among university students, while encouraging a healthy and inclusive campus community.

Link : https://uomus.edu.iq/Department/Details/107487



2-The Impact of Fasting on Women's Mental Health.

In collaboration with the Women's Affairs Division, the Women's Affairs Unit at the College of Health and Medical Technologies, Department of Optics, organized an awareness lecture on February 24, 2026, entitled "The Impact of Fasting on Women's Mental Health."

The lecture, delivered by Ms. Hawraa Sadiq and Ms. Haneen Haider, addressed the psychological effects of fasting, including its relationship with hormonal balance, mood, anxiety, and energy levels, based on recent scientific studies.

This initiative aims to promote women's mental health awareness and healthy lifestyles within the university community, contributing to SDG 3: Good Health and Well-being, through health education and psychological well-being.

Link: https://uomus.edu.iq/Department/Details/107843



3-The Artificial Kidney Technologies Department Organized a Guidance Workshop Entitled “Overcoming Exam Anxiety and Its Psychological Effects.”

The Department of Artificial Kidney Technologies at the College of Health and Medical Technologies, Al-Mustaqbal University, organized a guidance workshop entitled "Overcoming Exam Anxiety and Its Psychological Effects" on February 3, 2026.

The workshop addressed effective study strategies, time management, healthy nutrition, and techniques for reducing distractions and exam-related stress.
This initiative aims to support students' mental health, improve academic performance, and develop effective stress-management skills, contributing to SDG 3: Good Health and Well-being, through promoting psychological well-being and a healthy learning environment.

Link: https://uomus.edu.iq/Department/Details/103554

