

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



### 3.3.6: Smoke-free policy.

Al-Mustaqbal University has implemented a comprehensive smoke-free policy to ensure a safe, clean, and healthy academic environment. This initiative aligns with Sustainable Development Goal 3 (Good Health & Well-Being) by reducing exposure to tobacco smoke, preventing associated health risks, and encouraging individuals to adopt healthier behavioral practices.

The University's approach combines regulatory measures, awareness campaigns, educational programs, and community outreach to reinforce the importance of a tobacco-free lifestyle. By integrating these strategies into campus operations, the policy not only enhances physical well-being but also supports broader educational and social objectives, creating a model for health-promoting environments in higher education institutions.

#### **No Smoking Policy at Al-Mustaqbal University**

Al-Mustaqbal University has officially implemented a comprehensive No-Smoking Policy across all campus facilities, reinforcing its commitment to public health and environmental safety. This internal regulation is grounded in Law No. 19 of 2012, which prohibits smoking in public institutions, and reflects the university's proactive approach toward fostering a smoke-free academic environment.

The policy aims to safeguard the health and well-being of students, faculty, and staff by reducing exposure to secondhand smoke and promoting awareness of the harmful effects of tobacco use. It also encourages the adoption of healthier lifestyle habits and supports national efforts to reduce tobacco-related diseases. In addition to enforcing the ban, the university conducts regular awareness campaigns and educational activities to inform the campus community about the physical, psychological, and social risks associated with smoking.

Aligned with Sustainable Development Goal 3 (Good Health and Well-Being), this initiative underscores Al-Mustaqbal University's dedication to cultivating a clean, safe, and health-conscious learning environment. Through this policy, the university not only upholds legal and ethical

standards but also serves as a model institution advocating for sustainable health practices and preventive public health strategies.

**Link:** <https://www.uomus.edu.iq/en/EnNewCol.aspx?newid=28762>

### **Initiative to Reduce and Prevent Smoking and the Spread of Drugs in Schools**

Al-Mustaqbal University organized an extensive outreach initiative aimed at raising awareness about smoking cessation and drug prevention among youth. This community-centered program featured a series of educational lectures and interactive sessions conducted in local schools, where university staff and students engaged directly with adolescents to discuss the physical, psychological, and social consequences of smoking and substance abuse.

The initiative emphasized the detrimental effects of tobacco use and drug addiction on health, mental well-being, and academic performance, while also providing students with practical guidance on adopting healthy coping mechanisms and making informed lifestyle choices. By incorporating interactive discussions, visual presentations, and motivational activities, the program fostered active participation and encouraged students to commit to smoke-free and drug-free living.

**Link:** <https://uomus.edu.iq/En/EnNewCol.aspx?newid=64527>

### **The Importance of Quitting Smoking: A Path to Better Health**

Al-Mustaqbal University published an educational article dedicated to raising awareness about the health risks of smoking and the significant benefits of quitting. The publication aimed to inform both students and staff about the short- and long-term effects of tobacco use on physical and mental health, emphasizing its links to chronic diseases, reduced immunity, and impaired quality of life. The article also offered a range of practical strategies to assist individuals in overcoming tobacco addiction, including stress management techniques, behavioral modification approaches, and guidance on accessing professional counseling and cessation support services. By presenting evidence-based information and actionable steps, the article served as both an educational and motivational resource for individuals seeking to adopt healthier lifestyles.

In alignment with Sustainable Development Goal 3 (Good Health and Well-Being), this initiative reflected Al-Mustaqbal University's ongoing efforts to promote preventive health awareness and encourage positive lifestyle transformations within the academic community. Through this publication, the university reaffirmed its role as a proactive advocate for wellness, public health education, and the creation of a smoke-free, health-conscious learning environment.

**Link:** <https://uomus.edu.iq/En/EnNewCol.aspx?newid=68243>

### **Smoke-Free Policy in Sustainability Report**

According to Al-Mustaqbal University's Sustainability Report, a comprehensive Smoke-Free Policy is actively enforced across all university facilities, reflecting the institution's strong commitment to promoting public health and environmental sustainability. This policy serves as a cornerstone of the university's broader efforts to safeguard the well-being of its students, faculty, and staff by eliminating exposure to secondhand smoke and discouraging tobacco use within the campus community. The implementation of this policy aligns with national health regulations and international sustainability standards, ensuring a clean, safe, and supportive academic environment that prioritizes both physical health and mental well-being. Complemented by awareness campaigns and educational programs on the dangers of smoking, the initiative embodies the university's proactive approach to preventive health measures and behavioral change.

In direct alignment with Sustainable Development Goal 3 (Good Health and Well-Being), this policy demonstrates Al-Mustaqbal University's dedication to fostering a culture of wellness, responsibility, and environmental stewardship, reinforcing its role as a leading institution in advancing sustainable health practices.

**Link:** <https://uomus.edu.iq/sustainability/suspdf/Project1.pdf>

### **Medical Biotechnology Department at AL\_Mustaqbal University Organizes 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 wider university community. The

campaign focused on highlighting the health, environmental, and social harms caused by smoking, raising students' awareness through educational lectures, informative posters, and the distribution of scientific brochures supported by the latest statistics on smoking's impact, particularly on the respiratory and circulatory systems.

The event saw active participation from students and faculty, with open discussions addressing questions 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. AL\_Mustaqbal University – the leading university in Iraq.

Al-Mustaqbal University supports a range of activities and events focused on mental and psychological health, aligning with the third Sustainable Development Goal of ensuring good health and well-being. Various colleges and departments within the university have participated in these initiatives, including:

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



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<https://uomus.edu.iq/NewColl.aspx?colid=24&newid=85624>





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