



Times Higher Education
**Sustainability
Impact Ratings**

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**



3.3.3: Shared sports facilities

Training Course on Street Fighting and Karate Techniques

The Babil Sub-Federation of Karate, in collaboration with Al-Mustaqbal University, organized an intensive training course on Street Fighting and Karate Techniques held on the university campus.

This course was designed to develop the participants' martial arts skills, enhance their physical fitness, and promote discipline and self-control — core values essential in martial arts training. The activity brought together a wide range of participants, including university students, sports enthusiasts, and members of the local community, who were eager to strengthen their self-defense abilities and overall well-being.

The training sessions were conducted under professional supervision by certified karate coaches and martial arts experts from the Babil Karate Federation. Participants received comprehensive instruction covering both theoretical and practical aspects, including self-defense techniques, situational awareness, body coordination, flexibility training, and mental focus.

Moreover, the course emphasized the ethical and psychological dimensions of martial arts, encouraging participants to adopt values such as respect, discipline, teamwork, and perseverance. Through hands-on training and simulated scenarios, participants learned how to manage real-life situations calmly and confidently, while ensuring their safety and the safety of others.

This activity strongly supports the Third Goal of the United Nations Sustainable Development Goals (Good Health and Well-Being) by promoting physical activity, mental resilience, and healthy lifestyles. It also contributes to building a safer and more active community, fostering youth engagement in sports as a positive and preventive measure against unhealthy behaviors and social risks.

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Al-Mustaqbal University Promotes Health and Well-Being through Martial Arts and Sports Activities

The training aimed to enhance the participants' physical fitness, self-defense skills, and mental discipline, while promoting the values of respect, teamwork, and perseverance that are central to martial arts. The sessions were conducted by professional karate instructors who provided intensive practical and theoretical training on combat techniques, coordination, flexibility, and psychological focus.

In addition to the training course, the College of Physical Education and Sports Sciences organized a Table Tennis Championship for university students as part of the activities for the 2024–2025 academic year. The event was held in preparation for selecting talented players to represent Al-Mustaqbal University in the upcoming Iraqi Universities Championship, scheduled to take place at Al-Furat Al-Awsat University from November 23 to 28, 2024.

Both activities reflect Al-Mustaqbal University's firm commitment to encouraging healthy lifestyles, sports participation, and holistic well-being among students and the local community. By integrating sports and physical activities into campus life, the University contributes directly to the Third Goal of the United Nations Sustainable Development Goals (Good Health and Well-Being), which emphasizes the importance of physical fitness, mental health, and preventive health education as foundations for a healthier





University of Al-Mustaqbal Celebrates World Bicycle Day: Promoting a Healthy and Sustainable Campus

Under the patronage and direct guidance of Professor Dr. Hassan Shaker Majdi, President of the University of Al-Mustaqbal, the University celebrated *World Bicycle Day* on June 3rd, 2025, with the participation of faculty members, administrative staff, and students.

This event, held in alignment with the United Nations' designation of World Bicycle Day since 2018, reflects the University's firm commitment to promoting sustainable and eco-friendly transportation. The celebration aimed to encourage the use of bicycles as an economical, healthy, and environmentally responsible mode of mobility that helps reduce harmful emissions caused by conventional vehicles.

During the celebration, a vibrant sporting activity took place across designated safe routes within the campus, where participants rode bicycles in a cheerful and energetic atmosphere. Faculty members, employees, and

students actively engaged in the activity, underscoring the University's dedication to fostering a culture of physical health and environmental consciousness.

On this occasion, Dr. Muthaffar Sadiq Al-Zuheiri, Director of Scientific and Academic Supervision at the University, stated:

“Promoting the culture of cycling is both an environmental and health necessity. It contributes positively to individual and community well-being while reducing carbon emissions that cause global warming and climate change—two of the most pressing challenges humanity faces today.”

It is worth noting that the University of Al-Mustaqbal is among the pioneering Iraqi universities to implement the concept of *sustainable transportation* within its campus. The University encourages the use of bicycles, scooters, and electric vehicles as part of its strategic vision and long-standing motto: “Towards a Sustainable University.”

This initiative directly supports the Third Sustainable Development Goal (SDG 3): Good Health and Well-being, by promoting physical activity, reducing air pollution, and creating a safer, healthier, and more sustainable environment for the entire university community.





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