



Al-Mustaqbal University
College

I ❤️ MUC

معه المستقبل

كلية المستقبل الجامعة

معه المستقبل

ABEF



Progress Report
SDG3
2021

List of Contact

Introduction	4
2-1 A Workshop on Community First Aid & Laboratory Safety.....	5
2-2 The Preventive Procedures Required to Avoid COVID 19 Infection.....	6
2-3 CBRN Unit at Al-Mustaqbal University College Organizes a Sterilization Campaign.....	7
2-4 Al-Mustaqbal University College Organizes an Awareness Campaign Against COVID19.....	8
2-5 Students of Al-Mustaqbal University College Design an Art Board to Raise Awareness against the dangers of Corona Virus and the preventive procedures required to combat this virus.....	9
2-6 Al-Mustaqbal University College organizes a training course for self-protection teams in cooperation with the Directorate of Civil Defense.....	9
2-7 "Yes to Life! No to Drugs! Save Your Life & Theirs".....	11
2-8 "Safe Disposal of Corona's Medical Waste".....	12
2-9 "Applications of Nano-Technology in Health & Medical Sciences".....	14
2-10 A Delegation of Al-Mustaqbal University College Visits the DNA Research Center.....	15
2-11-The Medical Labs Technology Department at Al-Mustaqbal University College Organizes an Awareness Campaign Inside the College Campus.....	16
2-13 "Traffic Safety & Applicable Procedures".....	17
2-14 A Workshop & and an Awareness Campaign on the Dangers of High Blood Pressure and How to Avoid this Dangerous Disease.....	19
2-15 The Dangers of Smoking Hookah & its Impact on Health Compared to Smoking Cigarettes".....	22
2-16 Al Mustaqbal University College Organizes an Awareness Campaign on "World No Tobacco Day. Stop Smoking".....	23
2-17 Al Mustaqbal University College participates in the World Asthma Day under the Slogan "Have a Healthy Breath...Let us Control Asthma".....	25
2-18 A Campaign of Distributing Masks & Sterilizers on Some Citizens of Babylon Governorate.....	26
2-19 "Sample Collection".....	27
2-20 The Medical Labs Technology Department at Al-Mustaqbal University College organizes a campaign to distribute Food Baskets on Needy Families.....	29
2-21 "Control of Infection Transmission".....	30
2-22 "Beware! Soft Drinks May Kill You!".....	31
2-23 "Yes to Green Chemistry, but No to Medical Labs Waste!".....	32
2-24 "Pharmacotherapeutic Agents for the Management of COVID19".....	34
2-25 Department of Dentistry Organizes an Awareness Campaign about Autism.....	35
2-26 Role of Obesity Related Hormones in the Development of Uterine Cancer.....	36
2-27 The Best for Investing Natural & Human Resources.....	37
2-28 Al-Mustaqbal University College organizes an International Tennis Training Course.....	38
2-29 Saving Lives & Reducing Traffic Accidents.....	40
2-30 Al-Mustaqbal University College Donates Liquid Oxygen to Marjan Hospital.....	42
2-31 MUC Activities in the field of Sports.....	43
2-32 MUC Team Participates in a Basketball Championship.....	45
2-33 COVID19 vaccination as a highly required procedure to confront the pandemic.....	46
2-34 Students Activities Unit organizes a water polo tournament in cooperation with the Department of Physical Education & Sports Sciences.....	48
2-35 Freestyle Swimming Championship with wide participation of different clubs.....	50
2-36 Healthy Food Menu of the Restaurants & Clubs at Al-Mustaqbal University College.....	51

2-37 X-Ray Clinic.....	51
2-38 A Campaign for Testing Drinking Water in Afyat Factory.....	52
2-39 (Targeted Therapy in Advanced Ovarian Cancer).....	53
2-40 The Al-Mustaqbal university college is really interested in Times Higher Education (THE) World University rankings and the axis of good health and well-being.....	54
2-41 Art of Training and Leadership Primary Conference.....	57
2-42 the World Mental Health Day.....	57
2-43 A bouquet letter and roses from the staff of the Al-mustaqbal University College for psychological support for cancer patients.....	58
2-44 Developing women's mental and psychological health as well as achieving sustainable development goals.....	60
2-45 (Together we practice yoga for our mental and psychological health).....	61
2-46 School Children Health is Parallel to Health of Community.....	64
2-47 Vaccination Campaign Against Corona Virus.....	65
2-48 Impact of the Vaccine on Human's Health.....	66
2-49 How to Protect Ourselves from Radiation.....	67

1- Introduction

Sustainable Development Goal 3 (SDG 3 or Global Goal 3), regarding "Good Health and Well-being", is one of the 17 Sustainable Development Goals established by the United Nations in 2015. The official wording is: "To ensure healthy lives and promote well-being for all at all ages." The targets of SDG 3 cover and focus on various aspects of healthy life and healthy lifestyle. Progress towards the targets is measured using twenty-one indicators.

SDG 3 has 13 targets and 28 indicators to measure progress toward targets. The first nine targets are "outcome targets". Those are: reduction of maternal mortality; ending all preventable deaths under five years of age; fight communicable diseases; ensure reduction of mortality from non-communicable diseases and promote mental health; prevent and treat substance abuse; reduce road injuries and deaths; grant universal access to sexual and reproductive care, family planning and education; achieve universal health coverage; and reduce illnesses and deaths from hazardous chemicals and pollution. The four "means to achieving" SDG 3 targets are: implement the WHO Framework Convention on Tobacco Control; support research, development and universal access to affordable vaccines and medicines; increase health financing and support health workforce in developing countries; and improve early warning systems for global health risks. SDG 3 aims to achieve universal health coverage, that seeks equitable access of healthcare services to all men and women. It proposes to end the preventable death of newborns, infants and children under five (child mortality) and end epidemics.



2- Al-Mustaqbal University College's Partnerships to Achieve SDG3

2-1 A Workshop on Community First Aid & Laboratory Safety



The Medical Labs Technology Department at Al-Mustaqbal University College Organizes a Workshop on “Community First Aid & Laboratory Safety” Under the guardianship of Prof. Dr. Hasan Shakir Majdi, Dean of Al-Mustaqbal University College, the Medical Labs Technology Dept., on the 19th January 2021, organized a workshop focusing on “Community First Aid & Laboratory Safety”. The main objective of this workshop is to ensure the safety of the College labs, and those who work there, including the academics as well as their students. There is no doubt that “First Aid” shall prevent deterioration of people’s health, especially those who are seriously ill or injured until the arrival of paramedics on site. Learning the basic rules of “First Aid”, therefore, is highly required for everybody so that any person could be somehow qualified to help people when being in critical situations related to their health. First Aid procedures and tools in use differ as per the type of injury, whether it is a wound, a fracture or a burn. Mr. Muhammad Haidar Muhammad, a lecturer in the Medical Labs Dept., talked about the “Workshop Program”, saying that it includes an identification of the traditional procedures of first aid, and how they can be applied in laboratories in case of emergency. The program has also included the methods of protection inside labs, bio signs, types of aid as per each major along with the medical substances and supplies that a paramedic needs when performing first aid. Finally, it is remarkable to note that workshop, being held electronically, has been attended by a number of participants from inside and outside the college.

<https://www.mustaqbal-college.edu.iq/SDG/SDGNewsDetails.aspx?newsID=1907202119454816&SDGID=3>

2-2The Preventive Procedures Required to Avoid COVID 19 Infection

The Medical Labs Technology Department at Al-Mustaqbal University College Organizes a Seminar on “The Preventive Procedures Required to Avoid COVID 19 Infection” Under the guardianship of Prof. Dr. Hasan Shakir Majdi, Dean of Al-Mustaqbal University College, the Medical Labs Technology Dept., on the 24th January 2021, organized a seminar on “The Preventive Procedures Required to avoid COVID 19 Infection”. In fact, too many are the fears of getting infected with COVID 19, so what is the suitable way to protect ourselves from “Corona Virus” at work, at the university or in public places? During the seminar lots of recommendations to avoid the virus have been raised, using different resources, including the World Health Organization together with the Iraqi Ministry of Health. Ms. Noor Hamid Abbas, a lecturer in the Dept., talked about the necessity to keep distance while communicating with people, especially those who are infected with the virus. Besides, people in general shall clean their hands regularly, avoid shaking hands or hugging, and certain behaviors shall be promoted for personal protection. For example, instead of using your finger to press the lift button, you can do that by utilizing some other means. You should also avoid crowded places, and you are advised as well not to touch your eyes, nose and mouth with your fingers. It is recommended to wear gloves when necessary, change tissues at sneezing, and other procedures necessary for public health and to reduce spread of virus. Participants from inside and outside the College have attended the workshop that has been held electronically.

<https://www.mustaqbal-college.edu.iq/SDG/SDGNewsDetails.aspx?newsID=21072021202731318&SDGID=3>

برعاية السيد عميد كلية المستقبل الجامعة
الأستاذ المساعد الدكتور حسن شاكر مجدي المحترم
يقيم قسم تقنيات المختبرات الطبية (لجنة الأنشطة الطلابية)
ندوة توعوية بعنوان :-

الاجراءات الوقائية لتجنب الاصابة بفايروس كورونا Covid 19

المحاضر
م.م نور حامد عباس

يوم الخميس الموافق 2021/1/28
الساعة التاسعة مساء

عبر برنامج Google Meet وعلى الرابط التالي
<https://meet.google.com/lookup/hnfifphrsz?authuser=0&hs=179>

2-3 CBRN Unit at Al-Mustaqbal University College Organizes a Sterilization Campaign

CBRN Unit at Al-Mustaqbal University College organized on Monday 15th February 2021, a “Sterilization & Fumigation Campaign”, covering the College Departments, Corridors and other places inside the college as part of the preventive procedures taken against the dangers of Corona Virus. The campaign, which included specialists in the fields of Chemistry, Physics and Biology aimed to take all required precautions measures to prevent the spread of communicable and epidemic diseases, and thus maintaining health safety inside the college. The campaign included the use of sterilization and fumigation solutions with specifications that conform to the international standards of World Health Organization (WHO), and cordial to environment. The campaign covered all buildings, classrooms, laboratories, clinics, corridors and student clubs according a plan prepared by the CBRN Unit under the supervision of Assist. Dr. Zahra Al-Qayyim. It should be noted that this campaign is part of a series of campaigns organized by the College with the intention to raise awareness among employees as well students for their health protection, and meanwhile providing all necessary requirements to reduce spread of Corona Virus.

<https://www.mustaqbal-college.edu.iq/SDG/SDGNewsDetails.aspx?newsID=21072021203733285&SDGID=3>



2-4 Al-Mustaqbal University College Organizes an Awareness Campaign Against COVID19

According to the instructions of Prof. Dr. Hasan Shakir Majdi, Dean of Al-Mustaqbal University College, Media & Students Activities Unit organized on Tuesday morning, 23rd February, 2021, an awareness campaign against COVID19, as part of the preventive and precautionary procedures that aim to reduce spread of Corona Virus as well as to preserve people's health and safety. Volunteer students started the campaign by distributing medical sterilizers and masks to students, and meanwhile encouraging them to comply with the preventive procedures, educating them as well against the dangers of this disease and its fast spread. The campaign continued for a week covering markets and public places with the purpose of raising awareness among people, and that it is highly required to follow strict healthy measures as directed by the Ministry of Health.

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2-5 Students of Al-Mustaqbal University College Design an Art Board to Raise Awareness against the dangers of Corona Virus and the preventive procedures required to combat this virus

A group of students from the Medical Labs Technology Dept. with the cooperation of Students Activities Unit at Al Mustaqbal University College designed an Art Board, which aims to raise awareness among students against Corona Virus and its dangers. The board included different types of photos, images and forms that resulted from the heavy impact of COVID19 on people's lives. Urging people to comply with the procedures of prevention and safety as well as taking more care of public health is a main objective that lies behind designing this board. Life then continues and people shall be capable to perform their personal and societal duties in an ideal way. It is remarkable to note that student started working on this board on Wednesday, 3rd March 2021.

<https://www.mustaqbal-college.edu.iq/SDG/SDGNewsDetails.aspx?newsID=21072021214685&SDGID=3>





2-6 Al-Mustaqbal University College organizes a training course for self-protection teams in cooperation with the Directorate of Civil Defense

Within the process of enhancing the role of partnership between the University and all sectors of the State, and in addition to the importance of health aspects, the CBRN Unit at Al-Mustaqbal University College in cooperation with the Directorate of Civil Defense in Babylon organized a training course for self-protection teams. The supervisors/lecturers of the course were Colonel Hussain Saadi Hussain and Commissioner Bashar Sabah Nahaya. The training course focused on identifying the initial procedures of extinguishing fires, formation of self-protection teams, evacuation plans at emergency cases, instructions of Civil Defense guards, and reviewing the high classification of Hazardous Materials. Selected groups of academics, employees and students participated in the course, which was organized under the supervision and management of Assist Prof. Dr. Zahraa Haleem Al-Qaim. The training course lasted for three days, and it was closed by distributing duties on the self-protection teams, a team for extinguishing fire, another for evacuating the students detained in the building on fire and saving the injured by using ambulances and other means of rescue. In his comment, Colonel Hussain Saadi Hussein emphasized that volunteers shall be aware of the mechanism of Civil Defense work and how they could maintain safety and security. Moreover, he added that an actual practice shall be implemented in the College labs which contain highly effective chemicals, using special equipment such as masks and protective suits. At the end of the course, the Deputy Dean of Administrative Affairs, Assist Prof Dr. Munthir Fadhil offered a “Thanks & Appreciation Certificate” to the course lecturers.



2-7 "Yes to Life! No to Drugs! Save Your Life & Theirs"

An Awareness Campaign Launched by Al-Mustaqbal University College entitled "Yes to Life! No to Drugs! Save Your Life & Theirs" Al-Mustaqbal University College has launched an awareness campaign to educate people, especially the young, about the dangers of taking drugs and their negative consequences on the individual's health as well as their effect on the society as a whole. It aims in general to reinforce societal education in the field of public health. This campaign has been implemented as per an initiative raised by Prof. Dr. Hasan Shakir Majdi, Dean of Al-Mustaqbal University College. It has included distribution of posters and brochures inside as well as outside the College Campus with the aim of raising awareness among people about the dangers of being addicted to drugs. Taking drugs indeed has become one the problematic issues that all humanity is suffering from, and Al-Mustaqbal University College as an effective community member has been organizing campaigns that approach people everywhere, at schools, universities, along with public and entertainment places emphasizing the essential role that can be taken by schools and universities management in addition to families in monitoring and meanwhile educating about the negative impact of drugs on the economic and social development. Nobody, however, can deny that the scourge of drugs does exist in our society, but we shall work on fighting it with all possible and available means.

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2-8 "Safe Disposal of Corona's Medical Waste"

Al-Mustaqbal University College Organizes An Awareness Campaign for Safe Disposal of Corona's Medical Waste CBRN Unit At Al Mustaqbal University College organized on Tuesday 30th March 2021, an awareness campaign Under the slogan "Safe Disposal of Corona's Medical Waste" And with the direct guardianship of Prof. Dr. Hasan Shakir Majdi, Dean of Al-Mustaqbal University College, and supervision of Assist Prof. Dr. Zahra Halim Al-Qaim, in support of health and medical institutions. The campaign aimed to clarify and raise awareness of the dangers of haphazard throwing of the medical prevention kit of COVID19 on the roads or in hospitals, such as masks, gloves and other medical wastes. The campaign included distribution of waste containers and brochures, in which the WHO guideline as well as of the Iraqi Crisis Cell is summarized for the purpose of reducing infections and spread of the pandemic, providing meanwhile healthy and safe environment. There is an urgent need to collect the medical wastes and excluding them as per special regulations, published previously by the World Health Organization in the form a detailed report on its website, clarifying that dealing with the medical wastes unsystematically shall release pathogens and toxic substances into the environment. The report also stated that, "the medical wastes shall be burned, but again, unsuitable burning could lead to air pollution, and therefore being very dangerous on human's health. Use of high pressure sterilizers, integrated steam treatment with internal mixing, or chemical treatment could be more suitable alternatives to the processes of burning COVID19 medical wastes. Al Mustaqbal University College always seeks to organize such health awareness campaigns, and disposal of COVID19 medical wastes is just an example. Besides, training on the suitable procedures of how to get rid of medical wastes is highly required due to absence of waste management systems, and lack of financial and human resources that have serious impact on the life and health of society.

<https://www.mustaqbal-college.edu.iq/SDG/SDGNewsDetails.aspx?newsID=21072021215349393&SDGID=3>



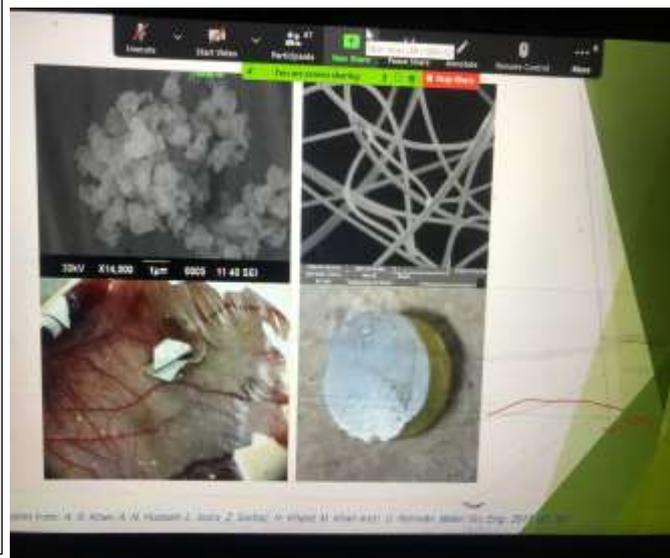
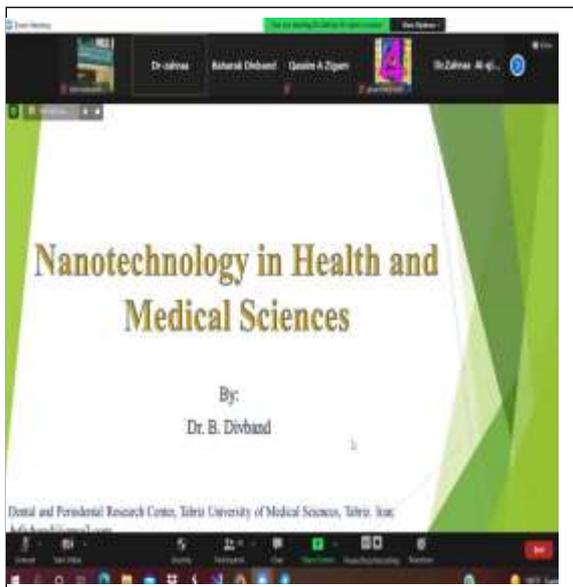
2-9 "Applications of Nano-Technology in Health & Medical Sciences"

The lecturer has been Dr. Baharak Divband, a specialist in Nano & Micro Materials Synthesis, Dental and Periodontal Research Center.

The lecturer has investigated the great importance of Nano-Technology Science and its applications in health and medicine, as it is used in drug delivery as well as in the diagnosis and treatment of the different types of cancer, etc. Moreover, there is a possibility to utilize Nano-Materials in vaccinations, and they are newly discovered methods. They have also been used in diagnosing diseases, specifically with Corona Virus.

Dr. Baharak has indicated that Nano-Materials could be utilized in gene therapy through the processes of detecting genes and genetic mutations that cause diseases. Besides, Nano-technology has become quite essential in the field of dentistry and its various applications. Some of these applications have been introduced such as the use of gold and silver nan-particles as antibiotics to dispose of microscopic germs and viruses.

In the end, Assist. Prof. Dr. Zahra Halim Al-Qayyim has declared that organizing such workshops aim to exchange experiences in the field of Nano-Technology between researchers and academics, providing meanwhile networking opportunities for those researchers and academics to work as teams in the various fields of scientific research.





AL-MUSTAQBAL UNIVERSITY COLLEGE

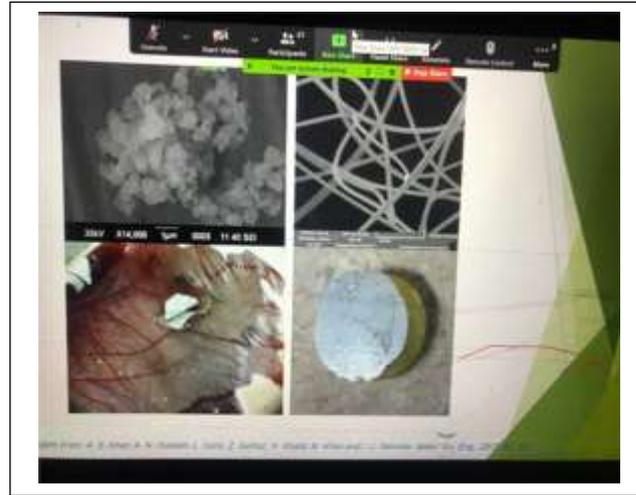
Under Auspices of the Dean of Al-Mustaqbal University College
PROF. DR. HASAN SHAKER MAJIDI
 And in coordination with Dr. Zahraa Haleem Al-qaim
 Al-Mustaqbal University College cooperation with the
 Tabriz University of Medical Sciences

{ International medical scientific workshop entitled
 Nanotechnology in Health and medical science }

THE LECTURER
 Dr. Baharak Divband
 Nano and micro materials synthesis
 Dental and Periodontal Research Center
 Tabriz University of medical science

5:00 pm Wednesday 23/6/2021

On Zoom Platform :
 Meeting ID: 895 1791 5558
 Passcode: 344496



<https://www.mustaqbal-college.edu.iq/SDG/SDGNewsDetails.aspx?newsID=2107202122656282&SDGID=3>

2-10 A Delegation of Al-Mustaqbal University College Visits the DNA Research Center

A delegation of the Medical Labs Technology Department at Al-Mustaqbal University College, constituted of Assist. Prof. Dr. Fu'ad Ghazi, Dr. Mustafa Jawad, Mr. Salam Muhammad Nasir, Mr. Saif Anwar Jaafar and fourth year students paid a visit to the DNA Research Center in Babylon, and they were received and welcomed by the manager of the Center, Dr. Lubna Abul-Athim. A lecture was given during the visit by Dr. Amir Mizhir Hadi entitled "DNA Extraction & PCR Technology". Besides, the students had the opportunity to tour the Center with Mr. Yasir Haidar and Mr. Ali Muhammad, and had a look at the lab devices. At the end of the visit, the delegation of Al-Mustaqbal University College appreciated the scientific cooperation between the two institution, wishing success and scientific progress for





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2-11-The Medical Labs Technology Department at Al-Mustaqbal University College Organizes an Awareness Campaign Inside the College Campus

The Medical Labs Technology Department at Al-Mustaqbal University College organized an awareness campaign about the necessity of conducting periodical testing related to Vitamin D3, Vitamin C, rate of hemoglobin in blood, the amount of iron stored in the body. These analyses indeed have great relationship with the human body status towards Corona Virus. Academics and students from the Department participated in the campaign, which mainly aimed to spread awareness among students as well as employees about the importance of doing these tests periodically, especially in case of being infected with Corona Virus since the vitamins and other substances stated above are quite essential in the reinforcement of immunity, which is considered as the first line of defense in the body. Students participated in distributing brochures, including a series of periodical medical tests to be conducted inside the College Campus as an essential step to reduce spread of COVID19 Pandemic.

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2-12 "CBC & COVID19 Severity"

Under the guardianship of Prof. Dr. Hasan Shakir Majdi, Dean of Al-Mustaqbal University College, and part of the activities accomplished by the Medical Labs Technology Department, a scientific seminar was organized on Monday 31st of May 2021, under the title "CBC & COVID19 Severity", and the lecturer was the academic Dr. Mustafa Jawad Abed. Since Corona Virus has emerged at the end of 2019, and researchers everywhere in the world are seeking the best means and procedures to control the infection development. Studies have shown that 81% of the cases are mild and almost without symptoms, whereas only fifth of the remaining cases require admission to "Intensive Care" due to the damages that occur to the lung tissues and lack of oxygen. In addition, studies have also displayed that the immune system is considered as the main factor for this damage because of the peculiarity of the spinal protein of the virus, which leads to an excessive immune reaction. Such excessiveness is related to the exhaustion of lymphocytes in the blood, a case often known as "Lymphopenia". The immune system therefore is re-operated in an excessively hyper initiation through the process of secreting large amounts of cytokines, or what is often called a "Cytokine Storm". The seminar has also introduced the results of the complete blood count study for the severe cases compared to moderate ones. It has been noticed that there is a significant decrease in the lymphocytes and a significant increase in neutrophil cells and white blood cells in severe cases. Doctors shall take these signs into account when treating mild cases so as to control them to stop transformation to severe cases.



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2-13 "Traffic Safety & Applicable Procedures"

Towards a Safe Governorate by Reducing Traffic Accidents & Death Rates Under the guardianship of Prof. Dr. Hasan Shakir Majdi, Dean of Al-Mustaqbal University College, and in cooperation with the Directorate of Traffic in Babylon, and in coordination with the Students' Activities at the Medical Labs Technology Department, Al-Mustaqbal University College organizes an awareness workshop entitled "Traffic Safety & Applicable Procedures" Despite the huge efforts exerted in the field of traffic awareness, the rate of traffic violations that often lead to car accidents, injuries and death are still increasing to very high rates. Traffic safety requires the interaction of many factors and influences, which include laws, their application, car conditions, roads, and so on. The two lecturers hosted to the workshop are in the rank of General at the Directorate of Traffic in Babylon, Mr. Zahir Abdallah Hussain and Mr Ihsan Nadhim Al-Maamouri. They both talked about car accidents, traffic signs, driving licenses, and vehicle registration. The workshop has been organized with the aim of raising awareness among drivers, road users, and other people, especially the youth to comply with the rules and regulations of traffic as an essential step to protect themselves and preserve the lives of others. The two lecturers have emphasized that safety of all is highly required, and such obligation cannot be achieved with the cooperation of everybody, including traffic police, drivers, community associations and other members of society. According to reports issued by the World Health Organization, about 1.25 million people die annually because of traffic accidents, and they could be considered as the main reason for the death of young people with the age of 15-29 years old. Traffic awareness instructions all together with the Traffic Law Book have been distributed by the lecturers to those who have participated in the workshop. It is remarkable to note that the workshop has been attended by a number of college students as well as employees and academics. At the end of the workshop, Prof. Dr. Ali Shaaln, Head of Medical Labs Technology Department, has submitted the MUC Shield to General Zahir Abdallah Hussain and General Ihsan Nadhim Al-Maamouri in appreciation to their valuable participation in the workshop.

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2-14 A Workshop & and an Awareness Campaign on the Dangers of High Blood Pressure and How to Avoid this Dangerous Disease

A Workshop & and an Awareness Campaign on the Dangers of High Blood Pressure and How to Avoid this Dangerous Disease On Sunday 6th of June 2021, the Nursing Department at Al-Mustaqbal University College organized a workshop and an awareness campaign on the dangers of high blood pressure and the healthy procedures and practices to be followed so as to avoid this dangerous disease. The workshop has been under the supervision of Dr. Haidar Ibrahim and Dr. Mustafa Basim Muhammad. They both noted that high blood pressure is a common disease, which affects millions of people around the world, confirming that the main step to be taken to control this silent disease is to periodically measure one's blood pressure. They also noted that World Hypertension Day aims to address those who suffer from high blood pressure, their families, those working in the fields of health and education, decision makers and others. The World Hypertension Day for this year aims to raise awareness about the vitality of early detection and treatment of high blood pressure, and meanwhile providing support and access to researchers, teachers, colleagues, doctors and students interested in this disease and other related diseases everywhere in the world. Another objective of the World Hypertension Day is to facilitate communication between these people and support research to achieve health care. Al-Mustaqbal University College is moving ahead indeed with a steady pace towards a specific goal, and that is to reduce communicable and chronic diseases and finally eliminate them as much as possible, including high blood pressure. The supervisors of the workshop at the Medical Labs Technology Department have emphasized that high blood pressure is related to the lifestyle practiced by the person, such as unhealthy diet, smoking, use of too much salt in the food and gain of weight

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2-15 The Dangers of Smoking Hookah & its Impact on Health Compared to Smoking Cigarettes”

The Medical Labs Technology Department at Al Mustaqbal University College Organizes a Scientific Workshop on “The Dangers of Smoking Hookah & its Impact on Health Compared to Smoking Cigarettes” Within the Scientific Activities of the Medical Labs Technology Department at Al-Mustaqbal University College and on the occasion of “World No Tobacco Day. Stop Smoking”, a scientific workshop was organized on 31st of May 2021 entitled “Dangers of Smoking Hookah & its Impact on Health Compared to Smoking Cigarettes” The lecture was given by the academic Mr. Ghassan Abdulameer Washi via Google Meet Platform with the attendance of many participants of different nationalities all along with the students and academics of the Medical Labs Technology Department. The lecturer through his talk summarized the dangers that result from smoking a hookah, and its negative impact on health if compared to smoking cigarettes. According to a report issued by the World Health Organization, one session of smoking a hookah, which includes 10 mg of honey and 1.5 coal tablets, shall result in 2.94 mg of nicotine, 802 mg of tar and 145 mg of carbon monoxide. The lecturer closed his speech advising the participants to avoid smoking hookah wishing them good health and pure life.

<https://www.mustaqbal-college.edu.iq/SDG/SDGNewsDetails.aspx?newsID=2107202123224871&SDGID=3>

The image shows a Google Meet interface. On the left, a presentation slide is displayed with the following text:

Al-Mustaqbal University College
Department of Nursing

كلية المستقبل الجامعة
قسم التمريض

مخاطر تدخين الأريكة وتأثيرها على الصحة مقارنة
بالسكائر

إعداد: د. غسان عبد الأمير واثي

On the right, a list of participants is shown under the heading "الأشخاص". The list includes:

- Dr.Khalid Haider
- Dr.Raghd Mohamed
- Dr.Zaineb Fadhil
- Education 2020
- Elham Ahmed Husain
- Emad Abass
- Esraa alhuseni
- ...Ghassan Abdul Ameer Washi
- ...Ghassan Abdul Ameer Washi
- ...Hasanain Kamil Hasan
- hiam algeboory
- Hussain Ali
- Hussain Ali

2-16 Al Mustaqbal University College Organizes an Awareness Campaign on "World No Tobacco Day. Stop Smoking"

Under the guardianship of Prof. Dr. Hasan Shakir Majdi, Dean of Al-Mustaqbal University College, an "Awareness Campaign" has been organized on the "World No Tobacco Day. Stop Smoking"

Assist. Prof. Dr. Zahra Halim Al-Qaim, the supervisor of the campaign, has clarified that one out of ten people dies because of smoking, which is considered as a preventable cause for death. According to the World Health Organization, if the necessary procedures are not taken on the proper time, smoking shall be the reason for the death of 8 million people every year until 2030.

The campaign aims in general to protect young people from acquiring the bad and lethal habit of smoking, and at the same time raising awareness about the harmful effect of smoking on human's health. Accordingly, Al-Mustaqbal University College has issued regulations that encourage for quitting along with preventing smoking and penalizing those who smoke inside the College Campus.

In cooperation with the Department of Pharmacy, represented by Dr. Ghufran Muhammad Hussain, and the Department of Dentistry, represented by Dr. Ammar Sha'lan, special places have been located where students as well as employees can be guided and advised towards quitting the bad and lethal habit of smoking.

While advising some students, Dr. Ghufran has identified the dangers of smoking on the different parts of the human's body, such as the cardiovascular system as well as the systems of immunity and respiration all together with the diseases caused by smoking. In addition, he clarifies that the procedures that shall be taken to reduce the danger of smoking could be as follows:

- Protecting people from tobacco use
- Offering Guidance and advice to help quit smoking
- Warning of tobacco dangers
- Prohibiting advertisements related to promoting and sponsoring smoking and tobacco use
- Imposing high taxes on tobacco

Dr. Ghufran also talked about the social, economical and environmental dangers that are caused by smoking as well.

Dr. Ammar Sha'lan representing the Dentistry Department has confirmed that quitting smoking is quite essential due to its great dangers. People therefore are required to comply with the following:

- Utilizing toothpaste and mouthwash regularly
- Removal of calcifications and pigmentation
- Use of nicotine substitutes, such as chewing gum and nicotine patches

Other initiatives include posters pasted on the College walls and inside classrooms as an extra activity to raise awareness among students and young employees about the dangers of smoking. Finally, it should be noted that all types of tobacco are harmful, and there is no safe level of tobacco exposure. However, cigarette smoking is the most common type of tobacco use. Other types of tobacco products include cigars, electronic cigarettes, hand-rolled and hookah tobacco.

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د. غفران
قسم الصيدلانية



كلية المستقل الجامعة



د. عمار / قسم طب الأسنان



كلية المستقل الجامعة

2-17 Al Mustaqbal University College participates in the World Asthma Day under the Slogan "Have a Healthy Breath...Let us Control Asthma"

Under the guardianship of Prof. Dr. Hasan Shakir Majdi, Dean of Al-Mustaqbal University College, the "World Asthma Day" is an occasion for the College to support Sustainable Development Goals, specifically, SDG3 of Good Health & Well-Being. This day has been dedicated to raising awareness and providing guidance for those who suffer from asthma, which is a chronic disease affecting the lungs. It is very familiar among children. However, adults may also get infected with this disease.

On this day, and under the supervision of Assist. Prof. Dr. Zahra Halim Al-Qayyim, a campaign has been organized to visit "Children Orphanage Houses" where it is possible to give care and guidance to the children who suffer from asthma.

In a comment, Dr. Zahraa has confirmed that one of the objectives of the "World Asthma Day" is to raise awareness about this disease and its consequences on health in general. Therefore, it is quite essential to learn and identify the causes that lead to increase spread of Asthma. Besides, we are required to investigate the interrelationship between asthma and the environment so as to reduce the risk of getting infected with the disease. We also need to improve management of disease and provide active medicine for asthma with easy access for all.

It is remarkable to note that the rates of disease spread has been increasing, and statistics indicate that more than 300 million people in the world are infected with asthma, and one person out of every 250 dies because of this disease.

Finally it has been noted that asthma is mainly caused by air pollutants and irritants, such as smoke saturated with toxins. Accordingly, the campaign has called for preserving the environment from pollution by reducing the use of polluting materials so as to sustain an environment that is suitable for healthy living..

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2-18 A Campaign of Distributing Masks & Sterilizers on Some Citizens of Babylon Governorate

A Campaign of Distributing Masks & Sterilizers on Some Citizens of Babylon Governorate In accordance with the human mission of Al-Mustaqbal University College, a team of volunteers of Law Department participated in a campaign to distribute masks and sterilizers on some citizens as well as members of security forces in the Governorate of Babylon. Prof. Dr. Ammar Al-Hussaini, while supervising the students activities in the College, has confirmed that this initiative is part of the College awareness campaigns to confront Corona Virus through a constant process of providing prevention and safety requirements as an essential step towards retrieving normal life

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2-19 "Sample Collection"

The Medical Labs Technology Department at Al-Mustaqbal University College Organizes an Educational Scientific Workshop entitled "Sample Collection" The Medical Labs Technology Department at Al-Mustaqbal University College has organized an educational scientific workshop under the title of "Sample Collection" to the medical departments students of the College due to its importance for their direct work with human health. The academics in charge of the workshop have confirmed that a medical lab profession is a critical and essential job that requires a high degree of concentration. While other medical specializations, specifically, the diagnostic ones, deal with something tangible, a medical lab takes a sample

from the patient to examine according to which a report with the results shall be sent to the treating doctor to help him diagnose the disease, monitor its progress, or determine the degree of responding to treatment. The credibility of these results depends on the person dealing with the sample from the time of collecting it until release of the lab report. Lab technicians are considered as a main cause for the errors committed there. These errors often occur during the pre-analysis stage because what happens during this stage depends on the human element. Some of these errors could be attributed to patients' ignorance of the procedures used in medical examinations. Moreover, other reasons for such errors are dealing with several patients at the same time that might lead to mixing and confusing sample tubes, and also not observing the exact anticoagulant ratio of the blood sample. We, however, may add other errors could be committed at the medical labs, such as, for instance, storing the samples under unsuitable conditions, or totally ignoring the fasting periods, which are obligatory for some tests. Finally, the academics responsible for the workshop have confirmed the importance of scientific honesty and reliability at medical labs work, which shall lead to avoiding errors and supporting doctors to accurately diagnose patients cases.

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2-20The Medical Labs Technology Department at Al-Mustaqbal University College organizes a campaign to distribute Food Baskets on Needy Families

The Medical Labs Technology Department at Al-Mustaqbal University College organizes a campaign to distribute Food Baskets on Needy Families On the occasion of Eid Al-Fitr, students and academics of the Medical Labs Technology Department have organized a campaign to distribute food baskets on needy families in different areas in the Governorate of Babylon. More than 100 food baskets, which include the most required foods, provided by the academics and students of the department under the supervision of the College Deanship have been distributed on these families. Food indeed is considered as the construction unit and the source of life, which provides the human body with all its needs so that it grows properly, in a healthy way, and free of diseases that are related to mal-nutrition. Nowadays, and with the spread of COVID19 Pandemic, unhealthy nutrition programs shall make people more subject to the infection of this virus. Getting infected with the disease in many places in the world means loss of income, and the pandemic indeed has increased the dangers threatening everybody, including consumers, producers as well as the makers of policies. Within this vision, all the campaigns organized by the College go in line with the SDG3 that aims to improve people's health

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2-21 "Control of Infection Transmission"

In Cooperation with the Central Administration of Health in the Governorate of Babylon, the Department of Anesthesia at Al-Mustaqbal University College Organizes a Scientific Workshop Under the guardianship of Prof. Dr. Hasan Shakir Majdi, Dean of Al-Mustaqbal University College, the Department of Anesthesia organized on Saturday 19th June 2021 a scientific workshop entitled "Control of Infection Transmission" The lecturer was Dr. Leith Al-Kheikani, Board-Certified Pediatrician, and Member of the British Royal College. The workshop, held at the hall of the department, was attended by participants of different specializations. Dr. Al-Kheikani talked about the means of Infection transmission and how to control it if not to prevent such transmittal. In addition, he focused on the importance of health practices that shall be followed in order to limit the spread of dangerous and infectious diseases, and thus breaking the chain of its transmission. He also clarified in his lecture that patients and families can help prevent diseases and minimize the danger of infection if they comply with the following simple procedures: □ Hand Wash The best way to prevent infection is to regularly wash hands with soap and water. An alcohol-based hand sanitizer can also be used. □ Personal Cleanliness Habits Daily self-care is quite important to prevent infection, including teeth brushing, mouth care, daily showering, skin protection and following the medical team's advice for all types of wound care. □ Keeping the Patient's Room Clean □ Avoid Direct Contact □ Taking the Vaccine The rapid response indeed could have a significant impact on the number of people that might get infected and therefore die of the disease. An epidemic often requires significant deployment of logistics that range between establishing temporary facilities to treat patients, implementing infection prevention and control measures as well as improving water and sanitation to help prevent the spread of disease

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2-22“Beware! Soft Drinks May Kill You!”

The Department of Dentistry at Al-Mustaqbal University College has organized an awareness activity to the College students about the bad effect of soft drinks on their health. Some of the unhealthy influences are the erosion of tooth enamel, heart diseases, osteoporosis, development of kidney stones and other diseases.

Moreover, it should be noted that soft drinks may lead to developing non-communicable diseases, such as obesity and diabetics as they include large amounts of sugar even if they are low-calorie drinks and do not contain normal sugar, i.e. diet drinks. It is remarkable to note that obesity and malnutrition rates have recently increased among children and school kids due to the excessive use of these drinks. Accordingly, we are required to raise awareness and work on educating people about the dangers of unreasonable and exaggerated consumption of soft drinks. Alternatively, they shall be replaced by fresh natural drinks.

Groups of students have participated in the activity by printing posters and distributing leaflets inside the College with the aim of encouraging their colleagues to refrain or at least reduce drinking this type of beverage.

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2-23 "Yes to Green Chemistry, but No to Medical Labs Waste!"

Under the guardianship of Prof. Dr. Hasan Shakir Majdi, Dean of Al-Mustaqbal University College, the Department of Pharmacy has organized an awareness activity under the slogan "Yes to Green Chemistry, but No to Medical Labs Waste!" The activity aimed to educate students on how to dispose of medical labs waste. In other words, students should learn how to collect medical waste after each experiment they conduct, and destroy it in a plausible and safe way. Illustrative brochures demonstrating the different types of waste collection containers have been distributed among the College students. It has been clarified by the personnel in charge of the activity that the medical labs waste includes the discarded chemicals of different types, solid, liquid or gaseous that have been used in diagnosis, treatment or research experiments at the College laboratories. Proper methods shall be utilized when disposing of such waste so as not to cause any harm whether to workers or to the surrounding environment. It is remarkable to note as well that the

bacterial cultures plates resulting from the medical analysis laboratories of both public and private hospitals are considered among the most dangerous waste that might lead to the spread of infectious diseases and deadly epidemics if they are not treated by autoclaves or disposed of by landfill. Accordingly, adopting such highly required procedures shall lead to an ideal sustainability of clean environment and healthy individuals.

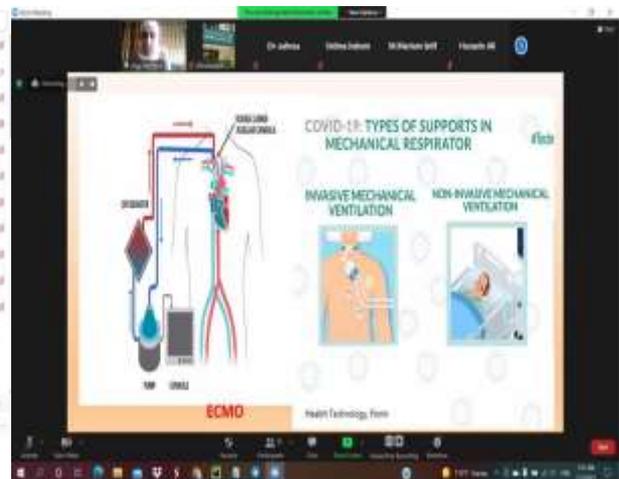
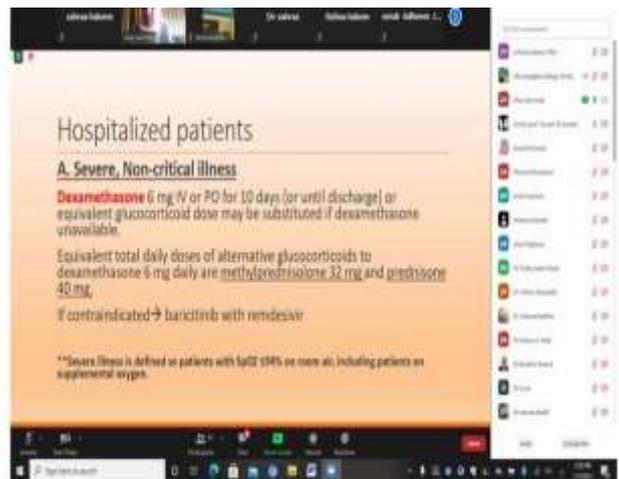
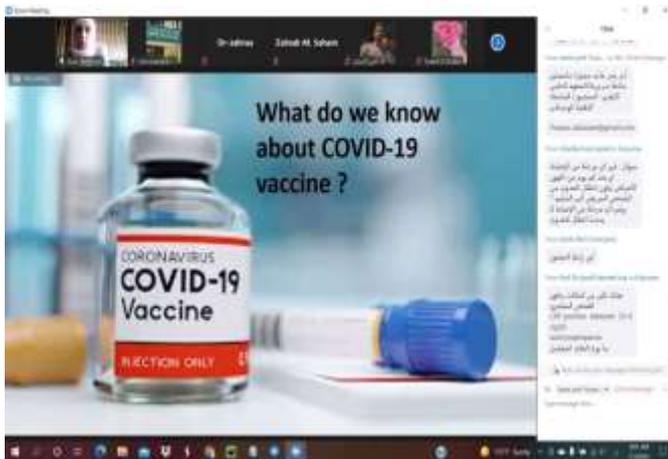


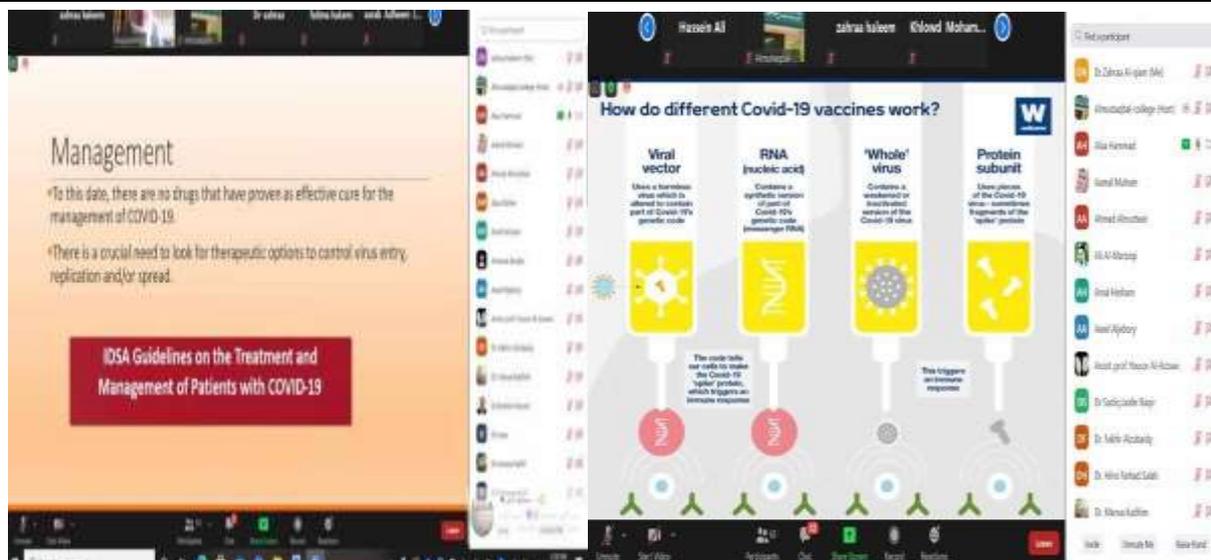
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2-24 "Pharmacotherapeutic Agents for the Management of COVID19"

Al-Mustaqbal University College Organizes an International Medical Workshop in Cooperation with Al-Zaytoonah University, Jordan Under the guardianship of Prof. Dr. Hasan Shakir Majdi, Dean of Al-Mustaqbal University College, with the supervision of Dr. Zahra Haleem Al-Qaim, an International Medical Workshop has been organized in cooperation with Al-Zaytoonah University, Jordan, entitled "Pharmacotherapeutic Agents for the Management of COVID19" Dr. Alaa Mahmoud Ahmed Hammad, Dept. of Pharmacy, with a Ph.D. in "Experimental Therapeutics", University of Toledo, Toledo, Ohio, USA, has been selected to give the lecture. In her lecture, Dr. Alaa has dealt with several issues including • Composition of Corona Virus • The Biological Structure of the Virus • Medicines & Treatment Protocols Used • Types of Vaccines Recently Introduced • Mechanism of Vaccines Processes The most appropriate methods of prevention of the pandemic has also been raised in the workshop and how to successfully limit its spread, focusing mainly on the use of sterilizers, detergents and disinfectants that are highly effective against the epidemic Corona Virus. At the end of the workshop, Dr. Zahra Haleem Al-Qaim has clarified that the main objective that lies behind organizing such workshops is to exchange experiences between researchers and academics all together with providing opportunities for electronic contacts between the researchers of different specializations as a vital step towards constituting research teams working on health problems in the fields of disease treatment, drug discovery, etc. It is considerable to note that a number of participants of different scientific specializations have had an active role in the workshop.

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2-25 Department of Dentistry Organizes an Awareness Campaign about Autism

Department of Dentistry Organizes an Awareness Campaign about Autism First year students of Dentistry Department at Al-Mustaqbal University College have participated in organizing an awareness campaign about autism. The campaign included a series of issues related to the disease in question, including the causes of autism, its common symptoms, how to treat it, and how to deal with those who have autism. Autism is featured with specific characteristics, such as Unique social interactions Unusual methods of learning Keen interest in certain topics Tendency towards routine work Facing difficulties in conventional communications Using very specific techniques in processing sensory information It should be noted that the rate of autism everywhere in the world is uncommonly very high. Indeed, lack of understanding this disease and those who suffer from it shall have disfavored impact on individuals, families and their communities. Awareness about autism is considered as highly essential so that we know how to deal with people having autism. However, it is remarkable to note that autism starts at an early stage of childhood, leading eventually to social communication problems, at home, at school, among people in general and at work.

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2-26 Role of Obesity Related Hormones in the Development of Uterine Cancer

A lecture has been given by Dr. Muthanna Majid Al-Shimmery, a Ph.D. in Clinical Biochemistry, School of Medicine, Otago University, New Zealand, currently the Head of Scholarships & International Relations Department at Al-Mustansiriyah University. In his lecture, Dr. Al-Shimmery talked about "Uterine Cancer", and how it is evolved, clarifying the relationship between obesity and certain diseases. He raised as well the possibility of developing some types of cancers due to obesity. It is remarkable to note that uterine and ovarian cancers are the most common types of gynecological diseases. Ovarian cancer, for instance, is considered as one of the most prevailing causes that leads to death among women, simply, because it remains undetected until it has spread covering all the pelvic and abdominal area. Statistics of the International Agency for Research on Cancer at the World Health Organization indicate that gynecological cancers diagnosed annually around the world represent 19% of the total new cases of cancers that are estimated at about 5.1 million cases. Dr. Al-Shimmery has explained the way in which overweight, i.e. when the Body Mass Index (BMI) is over 25 as per the WHO standards, or obesity with BMI over 30, shall lead to the danger of having various types of cancer, confirming that women could reduce that danger if they focus on recognizing its early symptoms, conducting initial detection tests and taking the suitable preventive care. Everybody agrees that the earlier cancer is diagnosed, the greater the chances of successful treatment. At the end, Dr. Zahraa Al-Qaim has clarified that the workshop aims to exchange experiences between researchers and academics, providing meanwhile networking opportunities for those researchers to establish research teams that could find solutions to health problems in general. Finally, we should note that many students all together with their academics of different majors have participated in the workshop.

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normal endometrium may develop malignant changes that sta
confined tumour (ورم متكيس). In an advanced stage it invades
cent myometrium and penetrates the uterine muscle to the ser
face (الغلاف) of the uterus. It may extend to surrounding organs
as fallopian tubes: الأنابيب, ovary: المبايض, bladder: المثانة, rectu
and cervical canal: عنق الرحم.

Adiponectin N. B. (3 to 10 µg/ml)

Cytokines

- TNF-α
- IL-1β
- IL-6
- IL-8
- IL-10
- IL-18
- Leptin**
- IL-18

Acute phase proteins

- PAI-1
- Haptoglobin
- Serum amyloid A
- α1-Acid glycoprotein
- 24p3
- CRP?
- Adiponectin**
- MCP-1

Uterus

Cervix



2-27 The Best for Investing Natural & Human Resources

The Best for Investing Natural & Human Resources Universities develop and flourish through the plausible investment of natural and human resources. In reference to the recommendations issued by the Ministry of Higher Education & Scientific Research to organize scientific arguments / debates, a “Medical Debate” has been organized by Al-Mustaqbal University College, under the guardianship of Prof. Dr. Hasan Shakir Majdi, Dean of the College with the participation of Babylon University and the cooperation of the Medical Labs Department. Students of the Medical Labs Department have participated in the debate. They have been divided into two teams, each of 10 persons and substitutes. Judges have been selected from the University of Babylon, namely, Prof. Dr. Iman Muhammad Jarallah as a head with the membership of Prof. Dr. Ibtihal Mou’iz and Assist Prof. Dr. Noor Salman Kadhim. The Scientific Debate has lasted for one hour and a half , including a variety of questions on vaccinations, viruses, diseases and other biological as well as cultural and social issues. Fast and correct replies have been the adopted criteria. The judges have confirmed that such debates are highly required for students as they open essential horizons for valid competitions and rise of theories showing meanwhile aspects of strength and weakness. Students will learn as well the familiar saying that “My opinion is right but there is a possibility of error, and the other’s opinion is wrong, but there is a possibility of correctness”. This activity is considered as an extra-curricular one, which the department is keen to organize, among other activities, to develop students scientific, cultural and intellectual skills. At the end of the competition, certificates of appreciation have been distributed by the Head of the Medical Labs Department, Prof. Dr. Ali Shaalan, to the judges for their distinguished role, as well as certificates to the participants and the winning team. A number of the teaching staff with their students have attended the debate.

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2-28 Al-Mustaqbal University College organizes an International Tennis Training Course

Al-Mustaqbal University College organizes an International Tennis Training Course Under the guardianship of Al-Mustaqbal University College and in cooperation with the International Tennis Federation, a Training Tennis Course was organized in Erbil on the courts of the College of Sciences / Saladin University during the period 21st to 26th of August 2021. Two lecturers have participated in the course, the academic at the Department of Physical Education & Sports Sciences, Mr. Muhammad Mu'ath, and Mr. Alan Zaki. It is remarkable to note that the ending ceremony has been attended by His Excellency, the Minister of Youth and Sports, Captain Adnan Dirjal accompanied by the President of the Iraqi National Olympic Committee, Captain Raad Hamoudi, all together with the Member of the Executive Office, Dr. Baeda Kailan, and the President of the Iraqi Central Tennis Federation, Warya Abdul Qadir. A "Letter of Thanks & Appreciation" issued by the Iraqi Tennis Federation has been submitted to Al-Mustaqbal University College for its efforts in supporting such activities. The Minister of Youth & Sports has also appreciated the role of the College in supporting students activities, specifically sports as the College has become a well-known name in such forums.



2-29 Saving Lives & Reducing Traffic Accidents

Saving Lives & Reducing Traffic Accidents Al-Mustaqbal University College has donated free shades to traffic police to protect them from sunlight and other weather conditions while doing their duty in organizing traffic and guiding people to legal crossing areas, with the aim of avoiding car accidents as far as possible and protecting people's lives. In addition, introductory brochures have been distributed, and awareness workshops have been organized in cooperation with the Traffic Directorate of Babylon. It is considerable to note that Prof. Dr. Hasan Shakir Majdi, Dean of Al-Mustaqbal University College has received and welcomed the Police Commander of Babylon as well as the General Director of Traffic during the ceremony of granting the shades. Mutual thanks and gratitude have been expressed in appreciation to sincere efforts exerted by all.



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2-30 Al-Mustaqbal University College Donates Liquid Oxygen to Marjan Hospital

Al-Mustaqbal University College Donates Liquid Oxygen to Marjan Hospital Due to the spread of COVID19 and the very difficult conditions that the world is suffering from with the increase of deaths, Al-Mustaqbal University College has donated 50 tons of imported liquid oxygen to Marjan Hospital as part of its role as a community member to contribute in fighting Corona Virus and covering the shortage of oxygen in the Governorate of Babylon that is highly required in reviving infected people.

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2-31 MUC Activities in the field of Sports

MUC Activities in the field of Sports Under the guardianship of Al-Mustaqbal University College, the Iraqi Tennis Federation organized the Iraq Tennis Championship under the name of the late “Mustafa Abdul Karim” during the period between 15th & 19th of June 2021. More than 70 players of all the Iraqi governorates have participated in the tournament that has been held at Al-Shaab International Stadium. It is remarkable to note that His Excellency the Minister of Youth & Sports, Captain Adnan Dirjal has attended the final of the championship. It has also been attended by Dr. Munthir Fadhil Hassan the Deputy Dean of Al-Mustaqbal University College representing Prof. Dr. Hasan Shakir Majdi, the Dean of the College, in addition to Captain Falah Hassan, President of Al-Zawraa Club, Haj Ali Al-Asadi, President of Electricity Club, Mr. Shakir Al-Jubouri, Head of Administrative & Financial Department, Mr. Ahmed Al-Musawi, Head of Physical Education Department, Mr. Riyadh Al-Hamadani, President of Iraqi Tennis Federation and Mr. Ahmed Hasan Shakir, Head of Students Activities Unit at Al-Mustaqbal University College. It should be noted as well that groups of the College students have attended the final match, taking the opportunity to go for a tour through the sports facilities of the very famous stadium in Baghdad. His Excellency the Minister of Youth & Sports, Captain Adnan Dirjal has appreciated the unique role of Al-Mustaqbal University College in supporting all types of sports activities in general, and at the end of the championship, “A Shield of

Thanks & Appreciation” has been delivered by Al-Mustaqbal University College to His Excellency the Minister of Youth & Sports. In return, Al-Mustaqbal University College has been honored by the Iraqi Tennis Federation for sponsoring the Tournament.





2-32 MUC Team Participates in a Basketball Championship

MUC Team Participates in a Basketball Championship The MUC team for the teachers of Physical Education & Sports Sciences Department has won the second place of a Basketball Championship organized by the International Basketball Federation and in cooperation with Iraqi Central Federation.



2-33 COVID19 vaccination as a highly required procedure to confront the pandemic

COVID19 vaccination as a highly required procedure to confront the pandemic Under the guardianship of Prof. Dr. Hasan Shakir Majdi, Dean of Al-Mustaqbal University College, and in cooperation with Babylon Health Department, Al-Mustaqbal University College has organized a wide vaccination campaign through the provision of a special vaccine center cooperating with a group of medical professionals from Babylon Health Department to supply the required vaccines of Pfizer & Sinopharm. Indeed, a large number of employees and students have been vaccinated during the campaign. Such procedure, and in application to the

decisions issued by the Ministry of Higher Education and Scientific Research, is highly required so as to confront the spread of the pandemic, and thus retrieving the normal life at universities as the number of infected people is minimized. There is no doubt that there have been and shall be constant efforts to start the new academic year with the attendance of all students, and having therefore the educational process back normal again. The vaccination plan conducted by Al-Mustaqbal University College comes as part of applying to the instructions of the Ministry and in cooperation with the Health Centers in the Governorate.





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2-34 Students Activities Unit organizes a water polo tournament in cooperation with the Department of Physical Education & Sports Sciences

Students Activities Unit organizes a water polo tournament in cooperation with the Department of Physical Education & Sports Sciences The Students Activities Unit at Al-Mustaqbal University College and in cooperation with the Department of Physical Education & Sports Sciences organized on 29th & 30th of June 2021 a water polo tournament in the Indoor Marina Swimming Pool. This tournament indeed has been the first of its type between public and private universities and colleges as well as preparatory schools with the participation of student teams of different ages. Water polo in fact has a great effect in improving the function of the heart and the lungs, reducing back pain, decreasing blood pressure and cholesterol levels. As a matter of fact, water resistance leads to a moderate effort exerted by the muscles, which not only strengthens them, but also contributes to a great extent in increasing their flexibility. Besides, swimming activates all the muscles of the body, especially those of the back, the abdomen and the legs. Prizes have been distributed with the attendance of Dr. Mazin Hadi Gzar, Head of Physical Education & Sports Sciences Department, and Dr. Ridha Abdul-Hussein. The tournament has been under the supervision of Mr. Muhammad Hamza, an academic at the Department of Physical Education & Sports Sciences and Mr. Muhammad Ma'ath Arif, the Sports Activities Officer at the College.





2-35 Freestyle Swimming Championship with wide participation of different clubs

Freestyle Swimming Championship with wide participation of different clubs Under the guardianship of Prof. Dr. Hasan Shakir Majdi, Dean of Al-Mustaqbal University College and in cooperation with the Department of Physical Education & Sports Sciences, a Freestyle Swimming Championship was organized during the period from 25th to 28th of June 2021. This joint championship in freestyle swimming has been organized by Al-Mustaqbal University College between public and private universities and colleges as well as preparatory schools with the participation of student teams of different ages. In fact, the sport of swimming is quite essential to people's health. There is no doubt that practicing physical exercises regularly is one of the bases of a healthy life, and swimming is considered as one of the best exercises in the world since it is more active than weight lifting, running and other well-known exercises. Besides, it is more enjoyable and the opportunities of getting injured while practicing it is much less than with other exercises. In general, swimming is an important skill in life and it is quite useful for all the parts of the human body.

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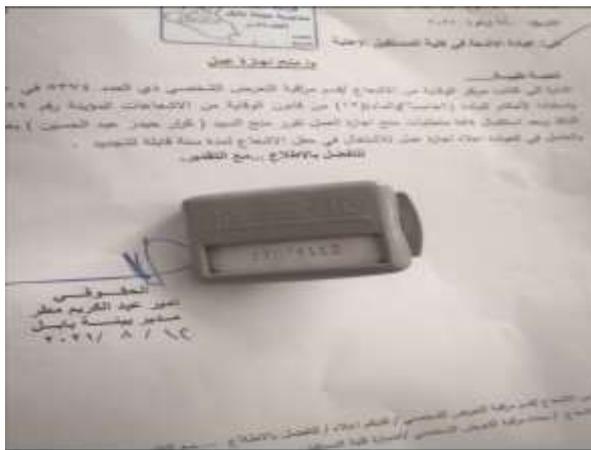
2-36 Healthy Food Menu of the Restaurants & Clubs at Al-Mustaqbal University College

Healthy Food Menu of the Restaurants & Clubs at Al-Mustaqbal University College As an essential step towards eliminating non-transmissible diseases such as obesity and the diseases resulting from obesity, such as diabetes, blood pressure, coronary heart diseases and atherosclerosis, Al-Mustaqbal University College has provided a menu of healthy food that is free of fat and high calories in its restaurants and private clubs, encouraging students, employees and academics to benefit of such healthy food. Thus, everybody is encouraged to avoid eating the type of fast food that is too much harmful to health. The College indeed creates an environment in which healthy food is widely provided



2-37 X-Ray Clinic

X-Ray Clinic Al-Mustaqbal University College has obtained a permit approved by the Ministry of Health and Environment as well as the Directorate of Health in Babylon to open “An X-Ray Examination Clinic”, where patient students can obtain this service free of charge. The permit has been offered to the College after providing all requirements. However, radiation ratio shall be measured from time to time in the clinic so as to ensure the perpetuation of work suitably and with no problematic issues.





2-38 A Campaign for Testing Drinking Water in Afyat Factory

A Campaign for Testing Drinking Water in Afyat Factory Al-Mustaqbal University College, represented by the Department of Anesthesia, has participated in taking samples of drinking water from work and testing them in the laboratories of the College to identify the percentage of toxic and biological substances as well as the percentage of water pollution before this water reaches the consumer as an essential step reducing the effect of diseases such as malaria, enteritis and others Under the supervision of the academics of the Department of Anesthesia, a group of students have participated in this activity. The students have been introduced to the stages of water purification and sterilization methods, in addition to the biological test of water before it is marketed for human consumption.

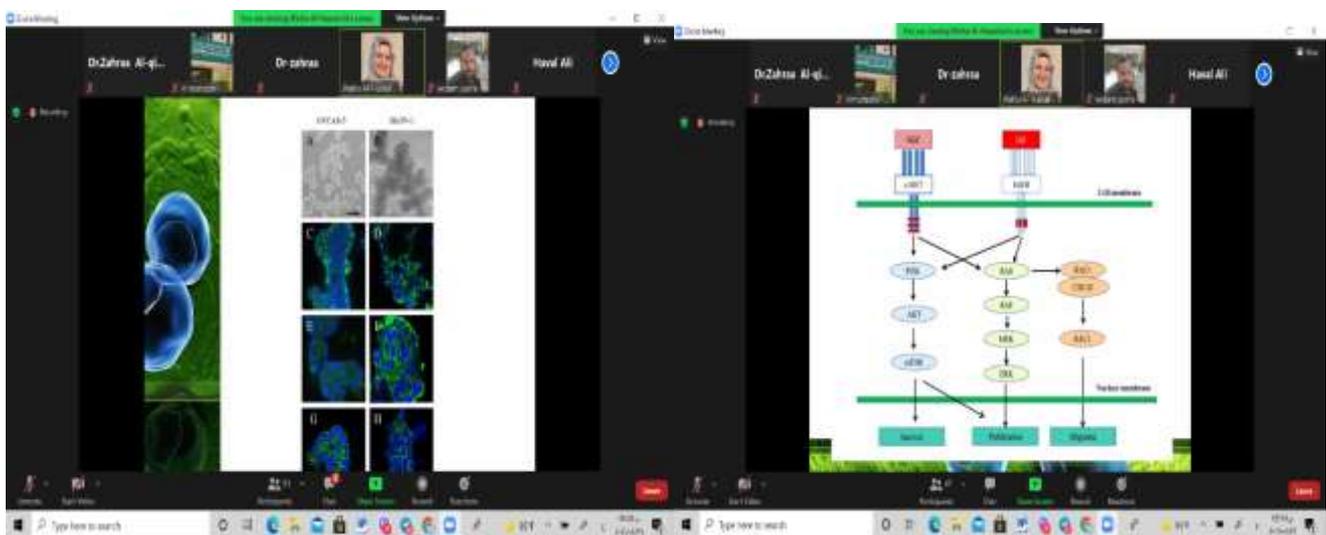
<https://www.mustaqbal-college.edu.iq/SDG/SDGNewsDetails.aspx?newsID=19102021193630123&SDGID=3>



2-39 (Targeted Therapy in Advanced Ovarian Cancer)

A medical workshop in cooperation with Ibn Sina University for Medical and Pharmaceutical Sciences (Faculty of Medicine) delivered by Dr. Wafaa Nasser Al-Husseini PhD Biochemistry/ University of Canterbury/New Zealand Health Security Partner (HSP) Fellow 2019-Iraq Consultant Chemist In coordination with Dr. Zahra Haleem Al-Qaim The workshop entitled (Targeted Therapy in Advanced Ovarian Cancer) In it, the doctor gave an introduction to ovarian cancer and how it is formed. Surgery and chemotherapy are generally used to treat ovarian cancer. She explained that ovarian cancer is the most common type of female cancer. Ovarian cancer is ranked fifth among the most common types of cancer causing death among women worldwide, and Dr. Wafaa added about the feeling of abnormal signs or symptoms that should be See your doctor. If you have a family history of ovarian cancer or breast cancer, you should see your doctor about the risk of ovarian cancer. It may require a visit to a genetics consultant to do a test for certain genetic mutations that increase the risk of breast cancer or ovarian cancer. At the conclusion of the workshop, Dr. Zahra Haleem Al-Qaim explained that the workshop aims to exchange experiences between researchers and academics, in addition to providing networking opportunities between researchers from different disciplines for the work of research teams aimed at finding solutions to major health problems in the field of treating diseases and limiting their spread. A number of participants from various scientific disciplines participated in the workshop, as well as a wide participation of students

<https://www.mustaqbal-college.edu.iq/SDG/SDGNewsDetails.aspx?newsID=19102021204424552&SDGID=3>



Under Auspices of the Dean of Al-Mustaqbal University College
 Prof. Dr Hasan Shaker Majdi
 And in coordination with Dr. Zahraa Haleem Al-qaim
 Al-Mustaqbal University College cooperation with Ibn Sina University of Medical and
 Pharmaceutical Sciences/ MOHESR
 College of Medicine/. workshop medical of scientific entitled:-

" Targeted Therapy in Advanced Ovarian Cancer"

 PhD Biochemistry/ University of Canterbury/New Zealand
 Health Security Partner (HSP) Fellow 2019-Iraq
 Consultant Chemist

2021/8/31 Tuesday

9:00 pm

Meeting ID: 874 6389 6132
Passcode: 233926

On Zoom Platform

2-40 The Al-Mustaqbal university college is really interested in Times Higher Education (THE) World University rankings and the axis of good health and well-being.

The Al-Mustaqbal university college is really interested in Times Higher Education (THE) World University rankings and the axis of good health and well-being. Dr. Zahra Haleem Al-Qayyim for 3 days participated in the ZOOM conferences and attended 20 sessions on topic: “The impact of universities in the Times Higher Education Impact Rankings and in the 3rd axis of UN sustainable development goals, good health and well-being” in cooperation with the RCSI University of Medicine and Health Sciences. Also, Dr. Zahraa participated in the 8 sessions of “THE University Ranking Forum: Arab University Rankings: 2021”, in cooperation with the American University of the Middle East from Kuwait. The conference was an significant opportunity to research and understand developments, progress and innovations in the middle-eastern universities and to share the experience in regard to research evaluations, and the needs of the health axis, as well as giving a comprehensive view of the strengths and weaknesses in the main performance subjects of the participating Arab universities for building a successful classification process. Moreover, Dr. Zahraa Haleem Al-Qayyim added, “There is a necessity to follow up on all international classifications in universities and to understand their methodologies, so that they can be used in future to build higher education policies, improving the performance of universities, developing their specializations, and raising up the level of education, research and community service. In addition, the advanced level achieved by the Al-Mustaqbal university college in the “THE” classification, and strives to advance and obtain higher ranks within this classification in all its axes.

THE UNIVERSITY IMPACT FORUM

HALO SESSION

RESEARCH EVIDENCE

#THEglobalImpact

LIVE 00:06:57 / 00:50:00

THE UNIVERSITY RANKING FORUM **AUM**
American University Of The Middle East

This hereby certifies that

Dr.Zahraa Haleem Alqaim

attended the
THE University Ranking Forum
27 July 2021

Certified by:
Phil Baty
Phil Baty
Chief knowledge officer
THE (Times Higher Education)

THE UNIVERSITY IMPACT FORUM **RCSI**

This hereby certifies that

Dr.Zahraa Haleem Alqaim

attended the
THE University Impact Forum: Health & Well-being
7-8 JULY 2021

Certified by:
Phil Baty
Phil Baty
Chief knowledge officer
THE (Times Higher Education)

THE UNIVERSITY IMPACT FORUM

Partnerships for better health and well-being

Universities need support from NGOs, cooperation agencies, supranational organisations, foundations and trusts for their research to be impactful and meaningful. This panel will discuss their experience of effective partnerships and demonstrate how their higher education institutions' most important collaborations with civil society are having an impact and supporting progress towards reaching the SDG 3 goals by 2030.

Rate Session

EXTERNAL RESEARCH GRANTS

From 2017 - 2020

39 EXTERNAL GRANTS
USD 7,618,291.81

INTERNAL GRANTS

- Seed Grants - GHS7.5K
- Investigator Led Grants - GHS25K
- Multidisciplinary Grants - GHS100K
- Faculty Dev Grants - GHS20K

LIVE 00:10:47 / 01:15:00

2-41 Art of Training and Leadership Primary Conference

Art of Training and Leadership Primary Conference Due to the importance of psychological health, Al-Mustaqbal University College has participated in organizing the primary conference (before the first) on “The Art of Training & Leadership”. The conference has been held in Erbil, the first of its type in Iraq, with the participation of “Together for the Protection of Man & Environment Association”, the “International Federation of Medical Students Association”, “Union of Iraqi Trainers”, and “The Federation of Arab Unions”. The training cadre sent by Al-Mustaqbal University College has been headed by Dr. Farah Al-Fadhili and membership of specialized academics. It is remarkable to note that more than 150 students have attended the conference coming from the difference governorates of Iraq. The main focus of this conference and as stated above has been the art of training and leadership, health of the youth, and the psychological health. One of the most important outcomes of the conference is to get new leaders and trainers in the area of Medicine as well as in other fields. We should also note that targeted group are the students in the colleges of Medicine, Pharmacy, and Dentistry to become community leaders in the fields of health and psychology. Training shall continue virtually via electronic education platforms for one month.



<https://www.mustaqbal-college.edu.iq/ActivityDetails.aspx?ActivityID=30921011471>

2-42 the World Mental Health Day

The Al-Mustaqbal University College had a role in educating students and teaching staff about mental health and the World Mental Health Day, This year s World Mental Health Day, which takes place on 10 October, comes at a time when our daily lives have changed dramatically as a result of the COVID-19 pandemic. The past months have brought with them many challenges for health care workers who provide care in difficult conditions and go to work fearing to carry COVID-19 with them when they return home; students who had to adjust to attending classes at home, having limited contact with teachers and friends, and worried about their future; workers whose livelihoods are at risk; the huge number of people who have fallen into poverty

or who live in fragile humanitarian environments and lack protection from COVID-19; And people with mental health conditions, many of whom suffer from more social isolation than before, not to mention those grieving the loss of a loved one they sometimes could not say goodbye.

<https://www.mustaqbal-college.edu.iq/ActivityDetails.aspx?ActivityID=3107212741908>



2-43 A bouquet letter and roses from the staff of the Al-mustaqbal University College for psychological support for cancer patients

A bouquet letter and roses from the staff of the Al-Mustaqbal University College for psychological support for cancer patients Given the importance of mental health in society and its link to individual health and support for cancer patients, where psychological support is a real treatment for people who already have the disease, very special psychological reactions can appear after the announcement of the disease and even during treatment. Emotional distress and depression in people with cancer should not be underestimated. It can affect their quality of life and have a negative impact on the healing process. We must realize that childhood cancer is not only a physical disease, but a psychological one as well. Helping families deal with this tiring experience should be a priority during treatment. However, due to limited time and resources, psychological support in hospitals by social workers, therapists and Child Life advocates is sometimes substandard. Not all hospitals have psychological support teams of this kind, and if they meet families, it only happens once during the entire treatment period. Families also reported that the support they receive drops significantly after the child completes treatment, and that they find few sources of support to help them deal with the new stresses that come with re-adapting to a normal life. In addition to pushing for cancer cures, we must advocate psychological support as a primary standard of care for pediatric cancer patients. This means that social workers, therapists and Child Life advocates must be part of the treatment team, with the family at every step. Future University College distributes hundreds of flower bouquets to cancer patients at Marjan Teaching Hospital. medicine to instill joy in them. Dr. Amjad Hamid, head of student activities in the department, said that this comes as a relief to patients, raises the patient s morale and enhances his psychological state to overcome his illness in peace, as well as contributes to increasing his optimistic views of life, and for their part, progress For their part, the patients thanked for this visit, expressing their happiness with this initiative because of the moral support for the patients and the positive energy it enters in their hearts. The hospital doctors thanked the Al-Mustaqbal University College for this

step, noting that it leaves a positive impression on the patients and gives them a strong incentive towards the will and fight the disease

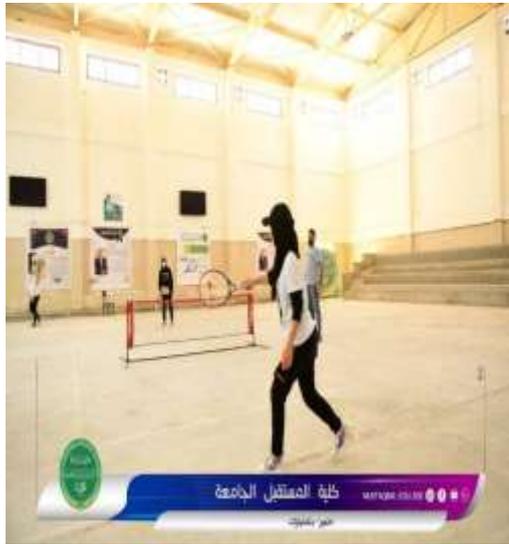


2-44 Developing women's mental and psychological health as well as achieving sustainable development goals

Developing women's mental and psychological health as well as achieving sustainable development goals Al-Mustaqbal University College, Department of Physical Education & Sports Sciences organized in cooperation with the Students Activities Unit in the College a mini female tennis game. Female students of different age groups and different departments had participated in this game. The supervisor of the game Dr. Mazin Hadi Gzar clarified that playing the tennis game shall help in stimulating blood circulation, preventing clots and preserving the health of the body. Tennis is considered as one of the best means in fighting depression. Indeed, it can be taken as a kind of treatment to stress, anxiety and sleep disorder. Besides, and due to sweating, hyperactivity and drinking a large amount of water during the play shall support in flushing toxins and disposing of excess salts from the body. Dr. Mazin Hadi Gzar also noted that the game of tennis reinforces the strength of the spine and protects it from damage or deformities, stimulating meanwhile the different functions of the brain and assisting in concentration and use of memory. The knock-out system was adopted by lot under the supervision of Mr. Muhammad Mu'ath Arif, while Mr. Muthanna Kadhim Jasim as a general referee, and Fatma Ahmed as well as Mussaddaq Wasfi as referees. As for the results of the tournament, the first winner was the student Lara Mu'ammam from the Department of Chemical Engineering & Petroleum Industries and Sarah Jasim from the Physical Education & Sports Sciences came in the second place. One of the main features of this athletic event was contest and competitiveness. It is remarkable to note that the tournament was attended by Prof. Dr. Hassan Shakir Majdi, Dean of Al Mustaqbal University College and Dr. Mazin Hadi Gzar Head of the Department of Physical Education & Sports Sciences. In the end prizes were distributed to participants and winners of first places. Sincere thanks to the Deanship of the College and Students Activities Unit for their constant support.

<https://www.mustaqbal-college.edu.iq/ActivityDetails.aspx?ActivityID=80721185730429>





2-45 (Together we practice yoga for our mental and psychological health).

The Department of Physical Education and Sports Sciences holds a physical activity on the occasion of the International Day for Yoga Physical activity entitled (Together we practice yoga for our mental and psychological health). On sports activity, Dr. Harith Abdullah and Dr. Reda Abdul-Hussein There are many pressures that we are exposed to daily, especially in light of the Covid-19 pandemic, which causes us to suffer from cases of increased anxiety, knowing that this increasing bad psychological state negatively affects the individual, which leads some to search for different ways that contribute to getting rid of potential side complications. To reduce stress, by resorting to regular and periodic yoga, which is an effective way for the mind and body, which combines stretching exercises, breathing control and relaxation, which thus reduces stress, helps lower blood pressure and improves heart function. The officials responsible for the activity in the Department of Physical Education and Sports Sciences have clarified the importance of practicing this sport • Reducing stress and contributing to reducing anxiety and depression: - Several studies have shown that yoga may help reduce stress and anxiety. Yoga may also improve mood and an overall sense of happiness. Yoga may also help you control symptoms of depression and anxiety that result from difficult situations. • Raising the level of physical fitness. Practicing yoga may improve balance and flexibility, extend range of motion, and increase strength. • Raising the level of physical fitness. Practicing yoga may improve balance and flexibility, extend range of motion, and increase strength. • Dealing with chronic disease states. Yoga may help reduce risk factors for chronic diseases, such as heart disease and high

blood pressure. Yoga may also help relieve lower back and neck pain and menopausal symptoms. Yoga may also help relieve symptoms of many chronic conditions, such as pain, COPD, asthma, arthritis and insomnia.

- Reducing mental disorders A special hall for yoga has been allocated at the Al-mustaqbal University College with green gardens to practice this sport by people who suffer from psychological tension and nervous tension, free of charge under the guidance of people with Guidance from professionals.





<https://www.mustaqbal-college.edu.iq/ActivityDetails.aspx?ActivityID=8078408>



2-46 School Children Health is Parallel to Health of Community

School Children Health is Parallel to Health of Community Al-Mustaqbal University College intensifies its awareness activities with the start of the new academic year. The Student Activities Division at the College organized a voluntary activity, in which masks and sterilizers were distributed to primary schools in the governorate. Awareness brochures have also been distributed as part of the procedures to encourage everybody to follow the instructions necessary to reduce the effect of Corona Virus.

<https://www.mustaqbal-college.edu.iq/SDG/SDGNewsDetails.aspx?newsID=6112021212248629&SDGID=3>



2-47 Vaccination Campaign Against Corona Virus

In cooperation with the Directorate of Health in Babylon and in the presence of a specialized medical staff, Al-Mustaqbal University College has organized the third vaccination campaign against Corona virus covering all those who have not been vaccinated yet, whether academics, employees, or students. This campaign comes as part of the college's plan to protect its members from the risk of infection and thus reducing the virus spread. Professor Dr. Hasan Shakir Majdi, Dean of Al-Mustaqbal University College said that the College shall keep on its efforts in cooperation and coordination with various relevant official government agencies, in order to achieve the desired goals according to the plan set for a safe return of full attendance at the university campus, confirming that the college is gradually working on achieving this goal.



2-48 Impact of the Vaccine on Human's Health

Impact of the Vaccine on Human's Health On Wednesday morning, 3rd November, 2021, Dr. Haider Al-Birmani, the General Director of Health Directorate in Babylon accompanied by a delegation have paid a visit to Al-Mustaqbal University College, and Prof. Dr. Hasan Shakir Majdi, Dean of the College with his deputies have welcomed the visitors. During the meeting, a general review has been made to all the directives related to COVID19 that have been issued by the Ministerial Cabinet, Ministry of Health as well as the Ministry of Higher Education and Scientific Research. While visiting the various departments of the College, the delegation has been briefed of all the precautionary and necessary procedures that have been applied, such as social distancing, wearing masks, using sterilizers, following up students vaccination, advertisements, posters, in addition to awareness and guidance publications. Both parties have agreed on the importance of the vaccine, encouraging all individuals to take it through the service provided by the College



<https://www.mustaqbal-college.edu.iq/SDG/SDGNewsDetails.aspx?newsID=6112021213633113&SDGID=3>

2-49 How to Protect Ourselves from Radiation

How to Protect Ourselves from Radiation Under the guardianship of Prof. Dr. Hasan Shakir Majdi, Dean of Al-Mustaqbal University College, a joint scientific workshop was organized by the Department of Radiology and the Directorate of Environment in Babylon on Wednesday morning 3rd of November, 2021, entitled “How to Protect Ourselves from Radiation” The Assistant Director of the Babil Environment Directorate, Mr. Ali Mughir Nasr has been heading the delegation to the workshop, which included Engineer Mr. Wi’am Abbas Hussein, Head of Planning & Follow-Up Division, Mr. Hadi Aziz Kadhim, Senior Protection Chief, Mr. Zeyad Tarek Karim, Technical Supervisor and Mr. Muhammad Diya Qasim. In the workshop, several issues have been raised related to the danger of radiation, which causes many diseases that could affect the nerves system, resulting in congenital malformations to pregnant women ending sometimes with fetal abortions. For the permanence of people’s health, everybody should avoid the exposure to radiation as it is too much harmful to health and may have a cumulative impact over the years. The need to protect workers in the radiation fields with job titles, such as radiology technicians, radiographers and physiologists, has also been discussed in the workshop. These workers should get acquainted with the laboratory tests and the conditions required for obtaining a work permit in the radiation field Besides, it is remarkable to note that the delegation was taken in a tour through the laboratories of the Department, especially, the radiology laboratory, which has been officially approved by the Radiation Protection Center, where they managed to view and check the x-ray machine for the whole body and the digital x-ray machine cr AGFA x12

<https://www.mustaqbal-college.edu.iq/SDG/SDGNewsDetails.aspx?newsID=6112021211518971&SDGID=3>



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