

Shatt Al-Arab University



SDG

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Good Health and
Well-being



Times Higher Education
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3 GOOD HEALTH AND WELL-BEING



The role of the university in promoting good health and well-being

Introduction:

Universities play a vital role in promoting good health and well-being, not only among their students and staff but also within the broader community. As centers of education, research, and innovation, universities are uniquely positioned to influence health behaviors, generate knowledge on public health issues, and implement evidence-based interventions. Through academic programs, health services, awareness campaigns, and community partnerships, universities foster environments that support physical, mental, and emotional wellness. Additionally, by integrating health and well-being into their policies, curricula, and campus life, they help cultivate healthier lifestyles and prepare future leaders to prioritize well-being in their personal and professional lives. In this regard, Shatt Al-Arab University has contributed to several activities that promote good health and well-being among its students and staff and throughout the Basra community.

In the report below, we highlight the most important contributions of Shatt al-Arab University in the field of promoting good health and well-being.

First: Health Awareness

Workshops and lectures: Workshops and Lectures: Shatt al-Arab Private University organized several workshops and lectures on topics such as healthy nutrition, physical activity, mental health, disease prevention, and drug control, intending to raise health awareness among students, faculty members, and staff. These activities included a symposium titled "Autism Spectrum Disorder" in cooperation with Al Taqwa Association for Women and Children, delivered by psychotherapist Dr. Nedal Bader Sultan. She addressed what this disorder is, its definition, why it is called the spectrum, a brief history of it, in addition to the symptoms related to behavior, and the various complications associated with it. Also, what are the treatment modalities, such as behavioral, educational, family, pharmacological, dietary, etc.



Also, Shatt Al -Arab University held an awareness seminar entitled "The scourge of drugs and its harmful effects on the family and society" by MSc. Zahraa Kadim Farhood.

The symposium included a presentation on the impact of drugs on an individual's physical and psychological health and their impact on their productivity, family and community relationships, and their role in committing crimes, as well as the negative effects of drugs on social, psychological, economic, and legal aspects. The symposium also touched on the role of friends in a person's addiction, whether intentionally or unintentionally, and concluded with recommendations to warn against this scourge, in addition to preventive and therapeutic methods. The symposium witnessed purposeful interventions by the university president and staff, as well as interventions and questions from the attending students.



Second: Scientific Research in Public Health

Public Health Research: The Faculty encourages scientific research related to public health and well-being, which contributes to the development of effective health policies. Some of the published research papers of some of the faculty members are:

1. Impact of Demographic and Lifestyle Factors on Irritable Bowel Syndrome from Basra (Zahraa Saad Mansour, Dawood S. Mahdi , Ihsan Edan Alsaimary).
2. Legislative position on offences against people with special needs (a comparative study) (MSc. Sara Moayed Salim Abdul Qader Al-Sharida)
3. Secure patient authentication system in the healthcare system using symmetric cryptography.

4. A privacy-preserving system for secure data management in the healthcare system
5. A secure authentication system to preserve the privacy of electronic health records in the healthcare system (Msc. Naba Majid Hamed Abood Al-Sakr).

Third: University Health Services

1. University Health Centers: The university provides direct health services to students and faculty members, including routine medical examinations such as blood sugar and blood pressure tests, in addition to dressing services and treatment for some common illnesses such as influenza, tonsillitis, and others. Medical consultations and referrals to specialized medical centers are also provided.

2. Psychological Counseling: The university provides psychological counseling services through specialized staff to assist students who need psychological support in this area.

Fourth: Community Partnerships:

Cooperation with Health Institutions: The university collaborates with government health institutions to implement community health programs and improve access to healthcare.

On the occasion of World Antimicrobial Resistance Awareness Week, Shatt al-Arab University held a workshop titled "Together." The workshop aimed to highlight the risks of antimicrobial resistance and raise awareness of the rational use of antibiotics and the avoidance of taking them without medical advice. The workshop was presented by pharmacist Lamia Karoun Shaaban from the Basra Health Department. Leaflets were distributed to raise awareness of this topic. The event was attended by the university president, a number of faculty members, and a large number of students from various university departments. The university also held a seminar entitled (Medical waste and its impact on the public. The lecture was delivered by Professor Dr. Dawood Salman Mahdi, Head of the Department of Pathological Analysis, and was attended by the university president, the dean of the College of Science, and a number of professors and students. The Department of Pathological Analysis also organized a seminar entitled "Science and Chance," delivered by Dr. Muhammad Amer Fayyad. He discussed many medical scientific discoveries, such as penicillin and the smallpox vaccine, which were discovered by chance through the intelligence and careful observation of the discoverers. One of the most important goals of the lecture was to motivate researchers to pay attention to unexpected research results. On the other hand, A group of professors and students from the Department of Pathological Analysis visited an orphanage in Basra, as well as a nursing home for the elderly, and presented gifts to children and the elderly.



A visit by students and professors from the Department of Pathological Analysis, College of Science, Shatt al-Arab University, to a nursing home for the elderly in Basra.



A visit by students and professors from the Department of Pathological Analysis, College of Science, Shatt al-Arab University, to the orphanage in Basra.



Fifth: Physical and Sports Activity

Mental and physical sports activities contribute to enhancing the physical and mental health of individuals. In line with this concept, Shatt al-Arab University organized a chess competition in which a large number of students participated. The event lasted for several days. Shatt al-Arab University also provided financial support to the Al-Talaba Sports Club.

Al-Talaba Football Club is one of the most important first-class clubs in Iraq. It is an important sporting front for the Ministry of Higher Education and Scientific Research, in addition to being one of the clubs that has contributed effectively to the development of sports in general and football in particular.

Shatt al-Arab Private University has sought to encourage its students to participate in this important club. The number of university students participating in the Al-Talaba Club has reached ١٨٥٣ members and the total amount of their membership fees paid to the Al-Talaba Club has reached ٧٤١٢٠٠٠ ID for the year ٢٠٢٣ According to the numbered and dated document 6/1369 in 11/12/2023, While the amount of membership fees paid to the Al-Talaba Club has reached 10936000 dinars for the year 2025 According to the numbered and dated document 476 in 11/1/2025.

Shatt al-Arab Private University also contributed financially to the Al-Talaba' Sports Club by paying the costs of hosting the Al-Talaba' Club members in hotels in Basra Governorate during the club's sporting activities. Below is a list of the amounts provided by Shatt al-Arab University to support the Al-Talaba Club.

Amount Paid	Type of Support	Date and Document Number
7000 .000 ID	Hosting Al-Talaba club members at the Horizon Hotel	311 on 3/6/2024
5000.000 ID	Hosting Al-Talaba club members at Al Shames hotel	336 in 9/7/2024
10.936.000 ID	Membership fees paid to Al-Talaba Club	476 in 11/1/2025
10.936.000 ID	costs of sports equipment, transportation, and housing for university students participating In the Iraqi Universities Tennis Championship	32 in 25/2/2025

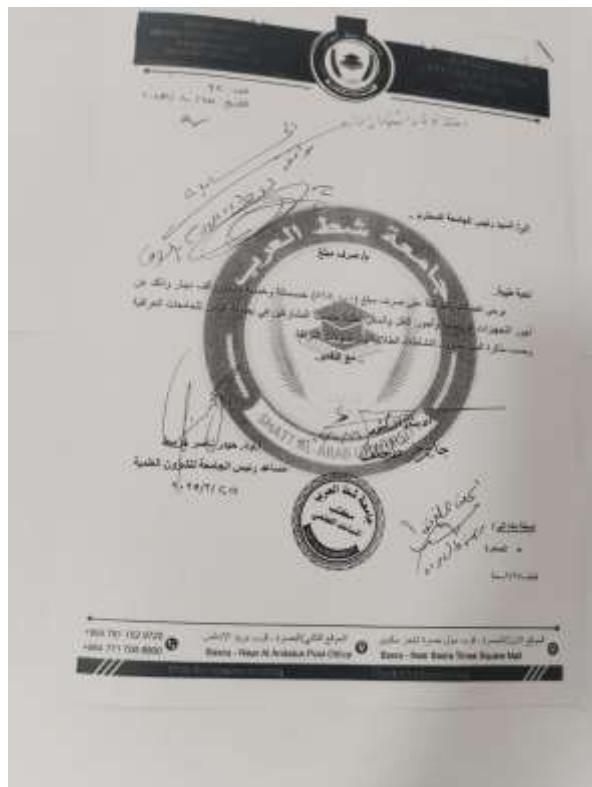
1. Sports facilities: The college's provision of sports facilities encourages physical activity, which promotes physical and psychological health. Shatt Al Arab University College has received a letter of thanks and appreciation from the Minister of Higher Education, Dr. Naeem Al-Aboudi, for the efforts exerted by the college in this regard. Shatt al-Arab Private University organized a chess tournament.



<https://sa-uc.edu.iq/ar/news/846>

2. Sports events: Organizing sports events and physical activities contributes to promoting sportsmanship and physical fitness among students

As part of the activities held by the Ministry of Higher Education and Scientific Research, Shatt Al-Arab University College participated in the Baghdad University Long Road Race Forum, which was held under the slogan of love and peace on 15/10/2023.





<https://sa-uc.edu.iq/ar/news/820>

Sixth: Healthy nutrition

Providing healthy food options: Shatt al-Arab Private University has a cafeteria that provides university students and affiliates with a variety of healthy food, such as vegetable salads and natural juices.

Shatt Al Arab University College also held a seminar in which Dr. Mohammed Yahya Al-Salman, a therapeutic nutritionist and member of the American Association of Non-

Drug Therapists, gave a talk on the economic, social and cultural rights of human beings to obtain the appropriate level of public health standards, the most important of which is nutrition, which all members of society are entitled to enjoy. The seminar was attended by the President of Shatt al-Arab Private University and the heads of departments. Some faculty members and a group of students from various scientific departments. At the end of the seminar, the President of Shatt Al Arab University presented a letter of thanks and appreciation to the lecturer in appreciation of his role in organizing such seminars.



<https://sa-uc.edu.iq/en/news/740>

Seventh: Environmental Sustainability

Environmental practices:

To improve the educational and health environment for its students and affiliates and mitigate the effects of climate change, Shatt al-Arab Private University has worked to increase green spaces at the university. University students also participated in volunteer campaigns to plant various trees in the streets and squares of Basra.



<https://qad.sa-uc.edu.iq/news/807>

Conclusion

Universities are among the most important institutions contributing to the development and implementation of effective strategies and programs to promote health and well-being, taking into account the challenges and opportunities available. This vital role relies on the integration of educational, research, and service efforts, as well as close collaboration with health and community institutions in the region. These strategies include building comprehensive and integrated strategies that encompass education and awareness, scientific research, health services, community partnerships, physical activity, healthy nutrition, environmental sustainability, student engagement, and continuous program evaluation. Based on this, Shatt al-Arab University has sought to play an active role in building a healthy and sustainable society that promotes well-being at the individual and community levels.

**SUSTAINABLE
DEVELOPMENT
GOALS**

