



Sustainable Development Goals



3 - Good Health and Well-Being

3 GOOD HEALTH AND WELL-BEING



Good health comes with proper nutrition. Without regular and nutritious food, people cannot live, learn, fend off diseases, or lead productive lives. Key goals in this area include: reducing mental health mortality rates; ending neonatal and childhood deaths; combating infectious diseases; preventing and treating drug addiction; and achieving universal health coverage for families.



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The Department of Psychological Guidance and Educational Counseling organized a seminar on the dangers and harms of drugs to individuals, families, and society. Dr. Ahmed Saeed Rashid Al-Tai, the head of the department, presented on the effects of drugs on individuals, families, and society, as well as prevention methods and how to treat addicts. He emphasized the importance of spreading awareness about the harmful effects of drugs.

