

**Hawler Medical University - College of Health Sciences**  
**Healthy Lifestyle Media Awareness Project**

| No. | Date        | Types           | Program        | Subject   | Channels    | Linke   |
|-----|-------------|-----------------|----------------|---|-------------|---|
| 1   | 28.11.2020  | TV Interview    | Morning News   | Anti-tobacco  | Rudaw Tv    | <a href="#">anti tabacco\1.jpg</a> رووداواو   |
| 2   | 3.12.2020   | TV Interview    | Morning News   | Hookah  | Rudaw Tv    | <a href="https://www.facebook.com/rudawhealth/videos/377212793540180">https://www.facebook.com/rudawhealth/videos/377212793540180</a>   |
| 3   | 13.1.2021   | TV Interview    | Morning News   | School and Covied 19  | Rudaw Tv    | <a href="#">school and COVID19 13.1.2021\1.jpg</a> رووداواو   |
| 4   | 1.1.2.2021  | TV Interview    | Enivroment     | Health and Environment  | Law TV      |   |
| 5   | 1.3.2..2021 | Radio Interview | Health Program | side effects of weight loss pills                               | Helin Radio | <a href="#">Helin.jpg</a> راديۆى هيلين  |
| 6   | 29.3.2021   | Radio Interview | Health Program | healthy sleep habits  | Helin Radio | <a href="#">Helin.jpg</a> راديۆى هيلين  |
| 7   | 26.3.2021   | TV Interview    | Morning News   | Substance abuse   | Rudaw Tv    | <a href="#">substance abuce 26.3.2021\1.jpg</a> رووداواو  |
| 8   | 13.4.2021   | Radio Interview | Health Program | Healthy Diet  | Helin Radio | <a href="#">Helin.jpg</a> راديۆى هيلين  |
| 9   | 18.4.2021   | Radio Interview | Health Program | Healthy body weight   | Helin Radio | <a href="#">Helin.jpg</a> راديۆى هيلين  |
| 10  | 20.4.2021   | Radio Interview | Health Program | Diet plan for Iftar   | Helin Radio | <a href="#">Helin.jpg</a> راديۆى هيلين  |
| 11  | 16.5.2021   | TV Interview    | AVA CAFÉ       | Dietary habit after Ramadan                                     | AVA TV      | <a href="https://www.facebook.com/300952390474533/videos/300287621807782">https://www.facebook.com/300952390474533/videos/300287621807782</a>   |
| 12  | 2.5.2021    | Radio Interview | Health Program | How to take benefits from fruits and Vegetable?                 | Helin Radio | <a href="#">Helin.jpg</a> راديۆى هيلين  |
| 13  | 4.5.2021    | Radio Interview | Health Program | What are the reasons for weight gain during ramadan?            | Helin Radio | <a href="#">Helin.jpg</a> راديۆى هيلين  |
| 14  | 9.5.2021    | Radio Interview | Health Program | How do you eat after Ramadan                                    | Helin Radio | <a href="#">Helin.jpg</a> راديۆى هيلين  |
| 15  | 30.6.2021   | TV Interview    | AVA CAFÉ       | Preparing for Qurban Eid  | AVA TV      | <a href="https://www.facebook.com/avaentertain/videos/212687956783778">https://www.facebook.com/avaentertain/videos/212687956783778</a>   |
| 16  | 2.6.2021    | TV Interview    | AVA CAFÉ       | A healthy diet plan for healthy weight                          | AVA TV      | <a href="#">A healthy diet plan for healthy weight\2.6.2020\نافا تى فى\jpg.1</a>  |
| 17  | 30.7.2021   | TV Interview    | AVA CAFÉ       | Healthy life style  | AVA TV      | <a href="#">docx.30602020\30.6\نافا تى فى</a>   |
| 18  | 2.8.2021    | TV Interview    | La Hawlerawa   | What are the causes and effects of the popularity of fast food? | WAAR TV     | <a href="https://www.youtube.com/watch?fbclid=IwAR10AxZeCjlnK-kmNbh2CSpSiMxLvT4GZoKhBO33zaBKPouKCDzQBYw518&amp;v=D1F5D1juxS8&amp;feature=youtu.be">https://www.youtube.com/watch?fbclid=IwAR10AxZeCjlnK-kmNbh2CSpSiMxLvT4GZoKhBO33zaBKPouKCDzQBYw518&amp;v=D1F5D1juxS8&amp;feature=youtu.be</a> |
| 19  | 21.8.2021   | TV Interview    | Dr.ARAS        | Hookah Smoking and Its Risks                                    | Rudaw Tv    | <a href="https://www.youtube.com/watch?v=L--GJsQdeL0&amp;list=PL-pF7MxpxV5K2Mp0Xd-BeqoW9Cfx_oTOJ">https://www.youtube.com/watch?v=L--GJsQdeL0&amp;list=PL-pF7MxpxV5K2Mp0Xd-BeqoW9Cfx_oTOJ</a>   |
| 20  | 26.8.2021   | TV Interview    | Health News    | Effects of air pollution on human health                        | Rudaw Tv    |   |
| 21  | 2.9.2021    | TV Interview    | Enivroment     | water-born disease  | Rasan TV    | <a href="#">Rasan TV\1.jpg</a>  |