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A Review of Sustainable Development Goal (SDG) #3 Good Health and Well Being and its relation with other SDG's

Abstract:

The present study is explorative and intends to determine the effectiveness of the Sustainable Development Goal 3 which states, "Ensuring a healthy life and promoting well-being for all ages," in achieving the outcomes of other Sustainable Development Goals. It is understood that good health and well-being are direct outcomes of other SDGs as well. As SDGs' main goal is to empower people, it inherently requires the excellence of well-being in the first place to develop social and economic aspects of human life. The study attempts to determine if the health paradigm has the potential to influence other Sustainable Development Goals. The key areas considered in the study in relation to health are social, economic and environmental factors. The impact of integrating health in broader developmental policies is assessed along with potential limitations or challenges of such an inclusive approach. The study has used a systemic approach which includes review of existing literature along with critical analysis of documents and reports.

Biography

Dania El Achmar is a seasoned educator and industry professional with over 30 years of experience in teaching, curriculum development, and corporate training. She holds a Master's in Training and Development from the University of Southern Queensland and an MBA in General and Strategic Management from Kuwait Maastricht Business School. Currently, she serves as a Senior Instructor at the Australian University, specializing in Accounting, Economics, Statistics, and Finance. Dania has collaborated with organizations such as Zain and Kuwait International Bank, delivering courses on leadership and financial management. Her research interests include emotional intelligence and competency mapping, with several publications and conference presentations to her credit. Fluent in English and Arabic, Dania is recognized for her innovative teaching methods and commitment to lifelong learning.