

- 1) **Healthy Lifestyle and Disease Prevention**
- 2) **The importance of regular physical activity**
- 3) **Healthy eating habits for university students**
- 4) **The dangers of smoking and vaping**
- 5) **Obesity prevention and healthy weight management**
- 6) **Sleep hygiene and its impact on physical and mental health**
- 7) **Mental Health and Well-being**
- 8) **Stress management techniques for students**
- 9) **How to prevent burnout in academic life**
- 10) **The role of social support in maintaining mental health**
- 11) **Mindfulness and meditation for relaxation**
- 12) **The effects of excessive screen time on anxiety and focus**
- 13) **Community and Environmental Health**
- 14) **Hand hygiene: A simple habit that saves lives**
- 15) **Vaccination awareness and common myths**
- 16) **Access to safe drinking water and sanitation**
- 17) **Waste management and its impact on public health**
- 18) **Health education programs in rural communities**
- 19) **Health Communication and Education Campaigns**
- 20) **How to design an effective health education campaign**
- 21) **The role of social media in health promotion**
- 22) **Visual communication strategies in public health posters**
- 23) **Using storytelling to influence health behaviors**