



HEALTH, WELL- BEING, AND A PROSPEROUS FUTURE



3 GOOD HEALTH AND WELL-BEING



THE GLOBAL GOAL





Introduction

SDG 3 aims to ensure healthy lives and promote well-being for all at all ages. It focuses on various aspects of health, from reducing mortality rates to combating diseases and ensuring universal health coverage. Nakhchivan State University also values the well-being of all students, staff and faculty, and strives to be a community that is committed, caring, healthy, responsive, supportive and resourceful.

Ensure healthy lives and promote well-being for all at all ages. Consistent with this worldwide goal, NSU has developed programs to address:

- Support for student and staff physical and mental well-being
- Health promotion and disease prevention initiatives
- Domestic and foreign literature of medical and social health issues
- Collaborations with the public health and foreign universities
- Engagement with high risk populations, such as adolescents with autism and school children

In 2025, NSU continued with its previous successful work, increasing the number of community health campaigns, reinforcing mental health and contributing actively to scientific forums and publications.

This report details the university's progress and accomplishments in addressing SDG 3 in the 2025 calendar year, focusing on goals and strategies implemented, results realized, and next steps.

Student Health and Wellness

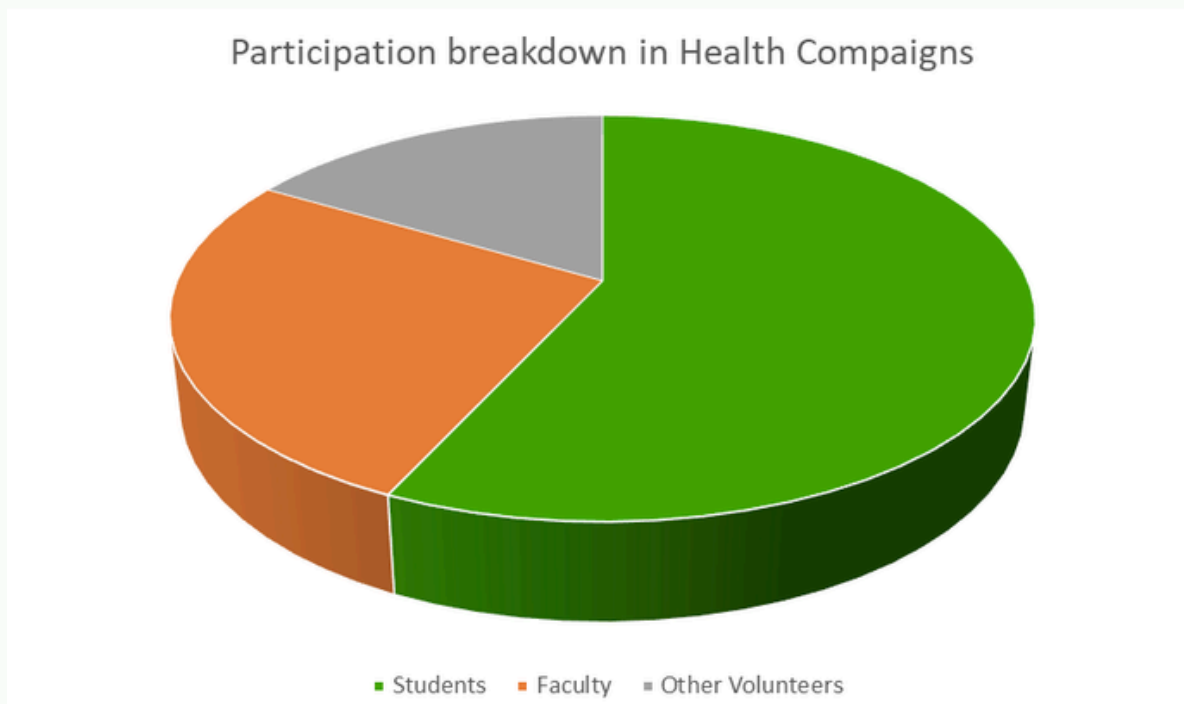
Health and Wellness program in Nakhchivan State University provides comprehensive health support to foster student well-being in line with UN Sustainable Development Goal 3. Services include primary care through the University Health Service, mental health counseling at the Psychology and Consultation Centre. Students have access to workshops, wellness resources, spiritual care, sexual violence support, and recreation services. Programs encourage healthy habits, community health, and peer support, aiming to create a balanced and resilient student community



Medical service campaign

At the Nakhchivan State University Hospital (Public Legal Entity) was held free medical service campaign in 2025.





Mental Health and Well-being Support

In 2025, Nakhchivan State University further expanded its commitment to mental health by enhancing the capacity of its Psychological Support Center and increasing the availability of mental health services for students and staff.

1. Counseling Services

- A total of 330 individual psychological consultations were provided, reflecting a 32% increase compared to 2023 (250 sessions).
- The center hosted 7 mental health seminars, webinar, workshops, on topics such as:
 - Consultative Psychology (systematized methods as psychological assistance)
 - Coping with exam anxiety
 - Building resilience and emotional regulation
 - Stress and time management

These sessions reached over 410 participants, including students from all faculties.

2. Awareness Initiatives

- A campus-wide “Mental Health Awareness Week” was organized in April, featuring lectures, wellness booths, peer discussion groups, and mental health screenings.
- Drug addiction is a white death!
- The training named “Teaching a foreign language in an inclusive environment”
- I Republican Scientific Conference on "Inclusive Education: Realities, Achievements, Perspectives"
- III International Scientific Conference on “From inclusive education to inclusive society: equal opportunities and sustainable development”
- I Republican Scientific Conference on "Inclusive Education: Achievements and Future Challenges"
- International scientific-practical conference on "Innovations in Dentistry"
- I Republican Scientific Conference “Medical Education: Advanced Practices and Innovations” and International Scientific and Practical Conference “Multidisciplinary Approaches to Surgical and Obstetric-Gynecological Problems”
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BAKİ SLAVYAN
UNİVERSİTETİ

**İNKLÜZİV TƏHSİL:
NƏİLİYYƏTLƏR VƏ QARŞIDA DURAN VƏZİFƏLƏR
I RESPUBLİKA ELMİ KONFRANSI**

04 - 05 mart 2025

NAXÇIVAN

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Inclusive Education Centre

In 2025, Nakhchivan State University further expanded its commitment to inclusion by upgrading its Inclusive Education Center and ensures that all students receive an education tailored to their socio-cultural and individual characteristics, as well as their needs. At the center, educational programs, methods, and materials are taught with full consideration of each student's individual traits, needs, and interests. Ensuring students' access to quality education and reducing possible discrimination are among the center's main objectives. The center also aims to create the conditions necessary for the development, education, and comprehensive creative support system of students with special educational needs, as well as their rehabilitation environment. The center's specialists prepare individualized education and rehabilitation programs for students, provide them with comprehensive support, and gradually help them adapt to the university's educational process. The responsibilities of the Inclusive Education Center also include consulting with faculty deans and department heads on matters related to organizing and monitoring the teaching and rehabilitation work of students with special educational needs.

The Inclusive Education Center is tasked with the following:

- ensuring the right to receive high-quality higher education and to freely choose the higher education institution and form of study;
- creating special education, rehabilitation conditions, and a comprehensive support system;
- protecting and strengthening moral, physical, intellectual, and social well-being;
- promoting the improvement of the quality of the educational process and encouraging effective professional development;
- organizing and conducting trainings, seminars, courses, and webinars related to the education of students with special educational needs.





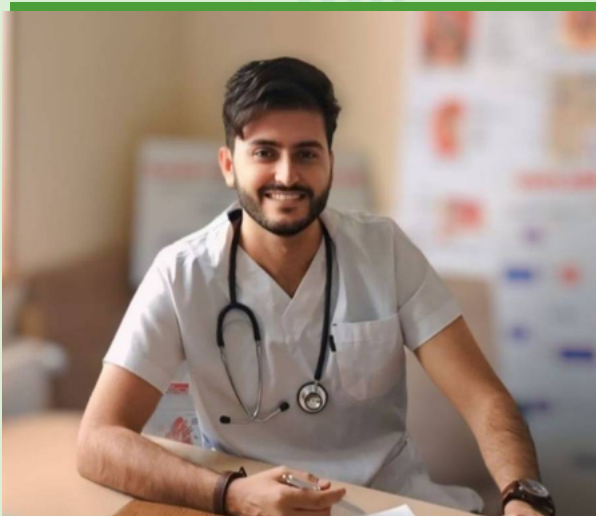
Diversity is our strength.



Student Laboratory Club

The Laboratory Club was established with the aim of developing young people's interest and skills in the fields of science and technology. The club covers a wide range of areas, from natural and social sciences to engineering and computer sciences. Its main purpose is to promote scientific thinking among its members and to develop their creative abilities. Various experiments, practical workshops, projects, and discussions are organized within the club.

The Laboratory Club also provides a platform for young researchers to conduct their own studies. Members gain practical experience in a laboratory environment and test themselves in the field of science. The club's activities include scientific lectures and masterclasses as well. Exchange of experience and scientific research are among the main areas of the club's work.



International Achievements:

International collaborations

A memorandum of cooperation was signed with George Washington University in the United States on February 28, 2025, and a preliminary agreement was reached on a dual degree program in "Health Management" at the master's level.

International Exchange

"Medical students of the 'General Medicine' specialty from the Faculty of Medicine of Nakhchivan State University, who are members of EMSA (the European Medical Students' Association), participated in an international exchange program at 'Carol Davila' University of Medicine and Pharmacy in Bucharest, the capital of Romania in 2025.

Students of the Faculty of Medicine of Nakhchivan State University participated in the second phase of the exchange program between EMSA Nakhchivan and EMSA Uludağ. Within the framework of the program, students gained rich scientific and practical experience in the field of medicine at Bursa Uludağ University, as well as benefited from cultural exchange opportunities.

1 doctor and 16 students from the Faculty of Medicine of NSU participated in an internship program at the Faculty of Dentistry of Gazi University in Ankara.

240 professors, teachers and students from NSU began their medical internship at the Farabi Hospital of the Black Sea Technical University in Türkiye.

3 doctors, 3 teachers, 9 resident doctors and 43 students from the Faculty of Medicine of NSU are participating in an internship program at the Faculty of Medicine of Ege University in İzmir.

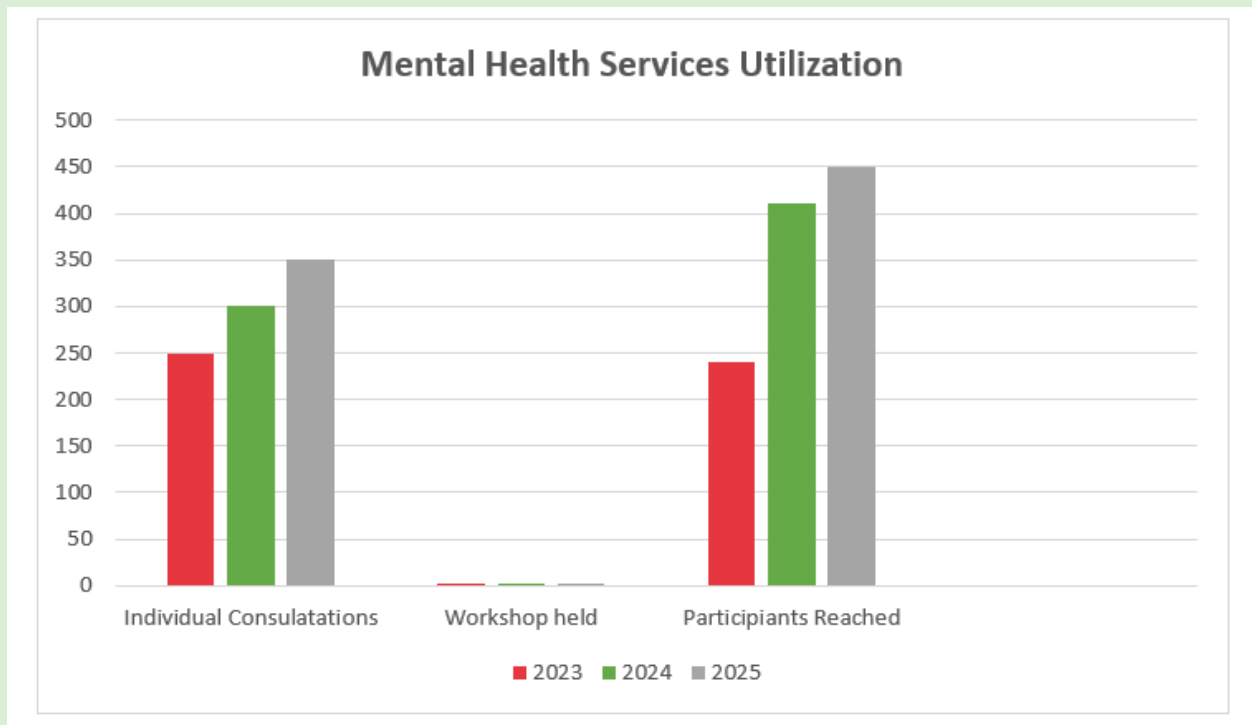
These international collaborations and exchange enhanced NSU's academic profile, fostered cross-border learning, and validated the university's contributions to global health innovation.





Figure 3. Mental Health Services Utilization (2023–2025)

The chart presents year-over-year growth in counseling sessions, workshop delivery, and total participants served through NSU's Psychological Support Center.



Student Feedback and Outcomes

According to an end-of-year student survey:

89% of participants rated the counseling services as “effective” or “very effective”

78% reported improved academic performance and concentration after receiving psychological support



Conclusion

In 2025, Nakhchivan State University has demonstrated a strong and sustained commitment to advancing Sustainable Development Goal 3: Good Health and Well-Being through a combination of campus-centric initiatives, community outreach, and strategic partnerships. NSU's approach integrates health promotion, preventive care, and psychological support to enhance both physical and mental well-being among students, staff, and the broader community.

Nakhchivan State University implemented numerous health campaigns and educational programs that significantly raised awareness about preventive health practices and healthy lifestyles in 2025. These efforts helped expand health literacy across different age groups and strengthened community engagement in health-related issues.

NSU also continues to prioritize mental health support, offering counseling services and well-being workshops that promote resilience, stress management, and inclusive support structures for students. These services have yielded positive feedback, contributing not only to improved emotional health but also to better academic performance and a more supportive campus environment.

In addition, Nakhchivan State University's collaboration with local and national health institutions, along with its smoke-free campus policy and practical healthcare education through its Faculty of Medicine, reinforces a holistic culture of wellness deeply embedded within NSU's institutional mission.

Overall, NSU's achievements in the area of SDG 3 illustrate its progressive role as an educational institution that not only educates future professionals but also actively contributes to the health and well-being of its community, aligning with both national development agendas and global sustainability objectives.