



NAKHCHIVAN STATE UNIVERSITY




HEALTH, SAFETY AND WELLBEING POLICY

 (+99436) 544-08-61

 info@ndu.edu.az

www.ndu.edu.az

 Republic of Azerbaijan, Nakhchivan city,
University campus, AZ7012, Nakhchivan
State University



CONTENT

SECTION 1: INTRODUCTION ABOUT THE CURRENT SITUATION

- 1.1. INTRODUCTION
- 1.2. CURRENT SITUATION
- 1.3. LEGAL BASE

SECTION 2: MISSION, OBJECTIVES AND SCOPE OF THE POLICY

- 2.1. MISSION
- 2.2. OBJECTIVES
- 2.3. SCOPE OF THE POLICY

SECTION 3: PLANNED ACTIVITIES, MONITORING AND REPORTING

- 3.1. PLANNED ACTIVITIES
- 3.2. EXECUTION OF THE POLICY
- 3.3. MONITORING AND REPORTING
- 3.4. COMPLIANCE WITH THE SDGs

SECTION 4: RESOURCE ALLOCATION

- 4.1. RESOURCE ALLOCATION



SECTION 1: INTRODUCTION ABOUT THE CURRENT SITUATION

1.1. Introduction

Nakhchivan State University is deeply committed to advancing Sustainable Development Goal 3. This policy outlines the initiatives and projects undertaken by the university's staff and students to actively support their physical and mental well-being. By emphasizing the importance of health and well-being, the university has developed various strategies and programs to support and enhance the health of its community members. Recognizing the significance of healthcare services, Nakhchivan State University has established a hospital within the university premises to cater to the health needs of its students and staff. By offering a range of healthcare services, the hospital plays a vital role in maintaining and improving the health of the university community. Moreover, the hospital services are not limited to university personnel and students but are also open to the surrounding communities.

SECTION 1: ABOUT THE CURRENT SITUATION

Since 1999, Nakhchivan State University has been providing specialization training in medicine. The University Hospital, operating under the University Medical Faculty since 2001, commenced its operations in the new hospital building in 2015. The hospital comprises three departments: pediatrics, therapy, and surgery. The operating theater block is located on the 1st floor of the three-story building. The hospital is equipped with modern medical equipment, including two intensive care units, an X-ray room, a clinical laboratory, a pharmacy, and examination rooms. Additionally, facilities such as ultrasound, electrocardiography, nurse, and doctor cabins are available. There are a total of 9 beds, including two intensive care and two pediatric beds. Other facilities include dental, ophthalmic, stomatological, and pharmaceutical laboratories, a physiotherapy department, a sterilization room, three auditoriums, and an ophthalmic cabin.

The "First Aid Simulations" project initiated in the Medical Faculty in 2018 aims to organize health education and preventive counseling for university and middle school students. Nakhchivan State University Hospital provides various services to support the health and well-being of students throughout their academic journey.

SECTION 1.3: LEGAL BASIS

This policy is compliant with relevant legal regulations regarding health, safety, and well-being. Nakhchivan State University ensures full compliance with relevant legal regulations in health, safety, and well-being matters, and this policy document is prepared with reference to the relevant legal bases. The university is committed to fully complying with all legal requirements in health, safety, and well-being and diligently strives to follow the best practices in these areas.

SECTION 2: MISSION, OBJECTIVES, AND SCOPE OF THE POLICY

2.1. Mission

The mission of Nakhchivan State University is to create a campus environment that prioritizes the holistic health and well-being of the academic community. By emphasizing the importance of health and well-being, the university makes comprehensive efforts to support and enhance the health of students and staff. This mission aims to establish a university-wide culture to enable each individual to reach their fullest potential and maintain a healthy lifestyle.



2.2. OBJECTIVES

1. Organization of Health Education and Preventive Counseling:

- Regular health education sessions and counseling workshops will be organized to increase health awareness and enhance health literacy among students and staff. These educational sessions will cover various topics such as healthy eating, regular exercise, stress management, and sleep hygiene, providing participants with essential information on health-related matters.
- Additionally, individual counseling services will be provided to identify personal health risks and offer guidance on preventive measures, aiming to support individuals in adopting healthy lifestyles.

2. Provision of Services Supporting Physical and Mental Well-being:

- Various health services will be provided within the university to support and enhance the physical and mental well-being of students and staff.
- These services will include regular health screenings, counseling services, psychological support services, and sports and recreational opportunities.
- Through the provision of these services, community members will be encouraged to adopt healthy lifestyles, thereby promoting their physical and mental health.

3. Contribution to the Enhancement of Health and Well-being in Alignment with Sustainable Development Goal 3:

- Strategies will be developed to promote sustainable development in health and well-being, with effective actions taken within and outside the community.
- Within the scope of Sustainable Development Goal 3, efforts will focus on increasing accessibility to healthcare services, reducing health inequalities, and developing policies that promote healthy living.
- Additionally, projects and campaigns will be conducted to reduce the impact of environmental factors on health and raise awareness about health and well-being in the community, contributing to the health and well-being of society.

2.3. SCOPE OF THE POLICY

This policy encompasses Nakhchivan State University's staff, students, and visitors and covers health, safety, and well-being within the university premises. The policy aims to protect and enhance the health and well-being of each member of the university community. Furthermore, the policy is implemented university-wide and applies to the entire campus environment.

SECTION 3: PLANNED ACTIVITIES, MONITORING, AND REPORTING

3.1. PLANNED ACTIVITIES

1. Organization of Health Education and Preventive Counseling:

- Regular health education sessions and counseling workshops will be organized to increase health awareness among community members. These sessions will address various topics related to health and provide participants with essential knowledge.
- Additionally, individual counseling services will be provided to identify personal health risks and offer guidance on preventive measures, aiming to support individuals in adopting healthy lifestyles.



2. Conducting Medical Examinations and Simulations:

- Regular health screenings and emergency simulation exercises will be conducted for students and staff to monitor health conditions and provide interventions as necessary.
- Health screenings will involve basic health measurements (blood pressure, body mass index, blood sugar levels, etc.) to assess participants' health statuses. Emergency simulations will be aimed at preparing participants for potential health crises and equipping them with basic first aid and emergency intervention skills.

3. Implementation of Projects such as Healthy Student Camp:

- Various activities and campaigns will be organized to promote healthy living and well-being. These activities will include workshops, sports events, nature walks, meditation, yoga sessions, etc.
- Additionally, informative seminars, panel discussions, and campaigns will be held to raise awareness about health and well-being among community members.

3.2. IMPLEMENTATION OF THE POLICY

Effective implementation of this policy requires active participation from university management, faculty members, and student organizations. The responsibilities and duties of each stakeholder will be clearly defined, and necessary measures will be taken to ensure the continuity of implementation.

3.3. MONITORING AND REPORTING

Regular monitoring and reporting mechanisms will be established to evaluate the effectiveness of implemented activities and identify areas for improvement. These mechanisms will serve as important tools to monitor the progress towards achieving the policy objectives and make necessary revisions to the policy when needed.

3.4. ALIGNMENT WITH SDGS

As part of our commitment to global sustainability, we are dedicated to aligning our policy with Sustainable Development Goal 3 (SDG 3), which targets the promotion of good health and well-being for all individuals at all stages of life. Our approach involves strategic measures aimed at fostering sustainable development within the health and well-being sector. By adhering to SDG 3, we endeavor to actively engage in worldwide endeavors aimed at enhancing health outcomes, addressing health disparities, and improving overall well-being. This alignment underscores our unwavering dedication to supporting international initiatives geared towards creating healthier communities and fostering an environment conducive to a better quality of life for all. Through our concerted efforts in line with SDG 3, we aim to contribute meaningfully to the global agenda for sustainable development and make tangible progress towards achieving universal health and well-being.

SECTION 4: RESOURCE ALLOCATION

4.1. RESOURCE ALLOCATION

Necessary resources will be allocated to support the implementation of this policy and ensure the effective delivery of healthcare services and educational programs. University management will take necessary steps to provide the required financial and human resources for the successful implementation of this policy. Additionally, resource allocation will be continuously monitored and revised as needed.