

NAKHCHIVAN
STATE
UNIVERSITY

20
24

SDG PROGRESS REPORT

3 GOOD HEALTH
AND WELL-BEING



THE GLOBAL GOALS



Introduction

Nakhchivan State University is one of the nearest political subdivisions of Azerbaijan Republic and one of the leading HEI in implementing the Sustainable Development Goals - especially SDG 3: Good Health and Well-being and make efforts to NSU community and the whole region with health-related access, awareness, and equity.

SDG 3: 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 2024, 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 2024 calendar year, focusing on goals and strategies implemented, results realized, and next steps.

Health Campaigns and Preventive Care Initiatives

In 2024, Nakhchivan State University intensified its health outreach and preventive care activities, continuing its tradition of integrating medical education with community service. Building on the success of 2023, where nearly 30 free health campaigns were conducted, NSU increased the number to 36 preventive health campaigns, marking a 20% year-over-year growth.



Key Initiatives Included:

- Free medical screenings (blood pressure, BMI, diabetes checks) held monthly in collaboration with regional clinics
- Health education seminars on hygiene, nutrition, and disease prevention for both students and the general public
- Special campaigns aligned with global health days, such as:
 - **World Tuberculosis Day**
 - **World No Tobacco Day**
 - **World Mental Health Day**

These events reached an estimated 2,400 participants, including students, university staff, and residents of Nakhchivan city and surrounding districts.

Academic and Student Involvement:

NSU medical students played a lead role in delivering peer-led workshops on healthy habits, reproductive health, and first aid training.

25 faculty members and over 60 students contributed as organizers, presenters, or volunteers. Campaigns were conducted in both on-campus venues and local schools and community centers to ensure broad reach.

These efforts not only enhanced health awareness across diverse age groups but also fostered civic engagement and leadership skills among participating students.

The collaborative approach helped bridge academic knowledge with real-world impact, reinforcing the university's commitment to community well-being.

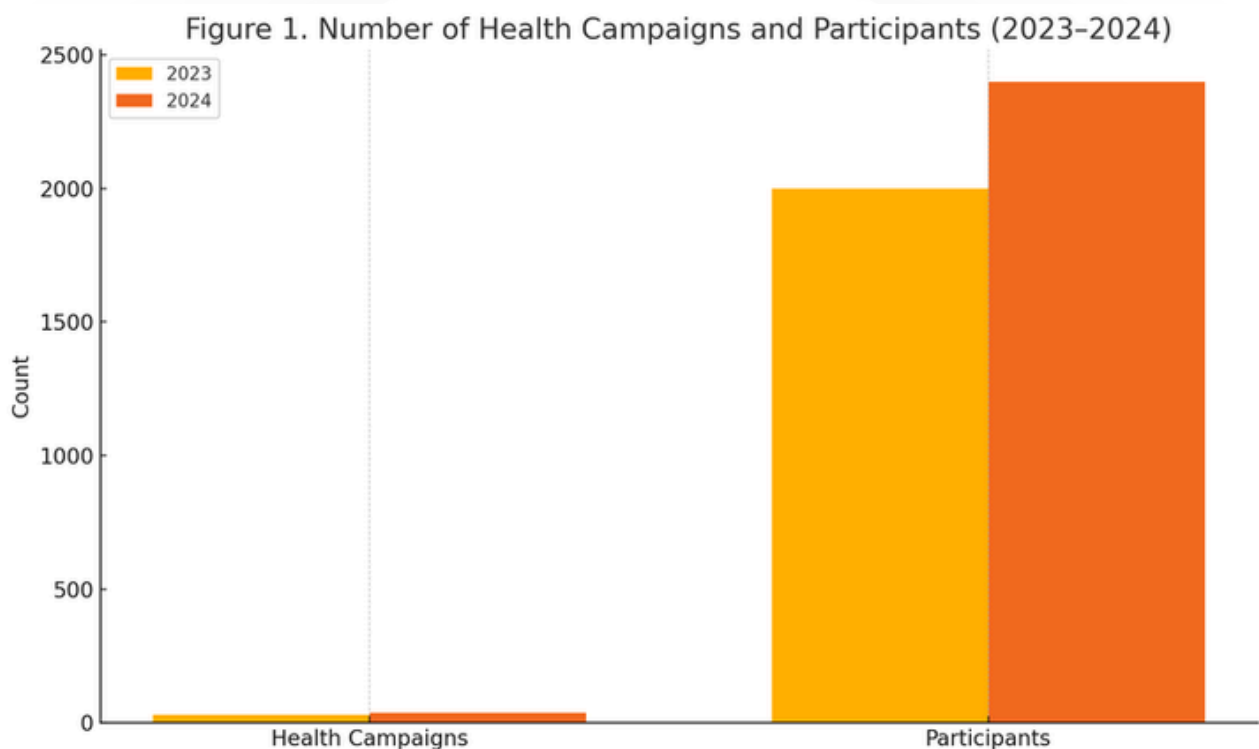
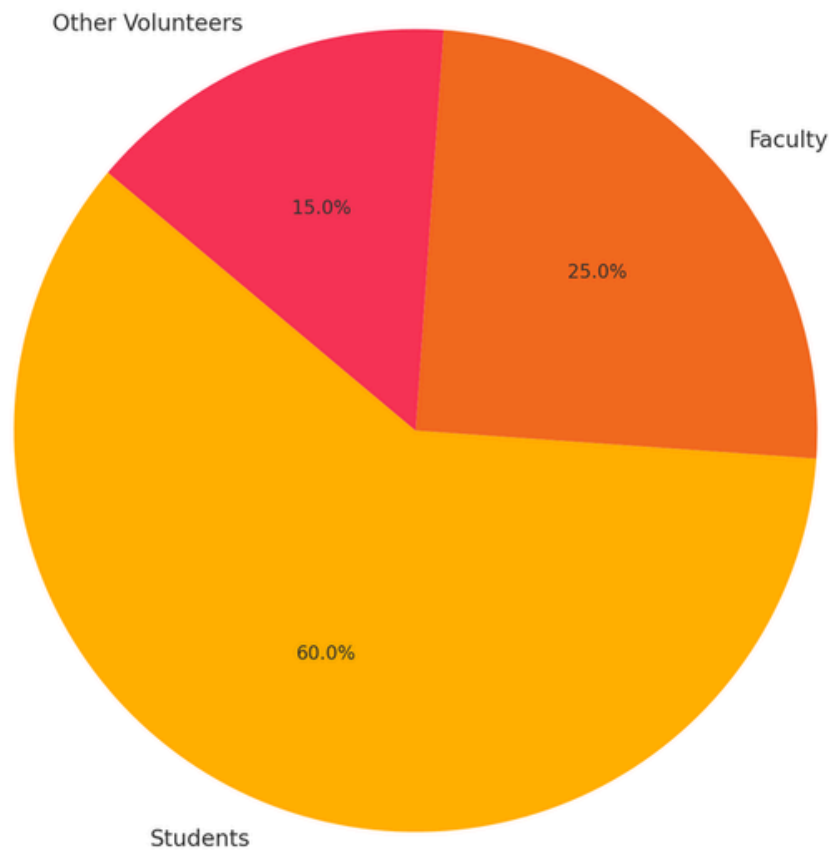


Figure 2. Participation Breakdown in Health Campaigns (2024)



International Achievements:

- NSU students again gained international recognition in 2024, winning two silver medals at the International Forum on Innovative Research in Chongqing, China.
- The university expanded collaboration with Finland's Metropolia University on a joint health awareness research project, focusing on adolescent wellness and community screening models.

In 2024, NSU strengthened its global presence in the field of public health through student achievements and institutional partnerships:

- Two silver medals were awarded to NSU medical students at the International Forum on Innovative Research held in Chongqing, China. Their projects focused on:
 - Community-based health monitoring tools
 - Technology-enhanced health education campaigns
- NSU expanded its cooperation with Metropolia University (Finland) through a joint research initiative on adolescent wellness, focusing on the development of community screening models and digital health literacy strategies.

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



Mental Health and Well-being Support

In 2024, 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 320 individual psychological consultations were provided, reflecting a 28% increase compared to 2023 (250 sessions).
- The center hosted 6 mental health seminars and workshops on topics such as:
 - Stress and time management
 - Coping with exam anxiety
 - Building resilience and emotional regulation

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.
- The initiative aimed to reduce stigma and promote help-seeking behavior among young people.

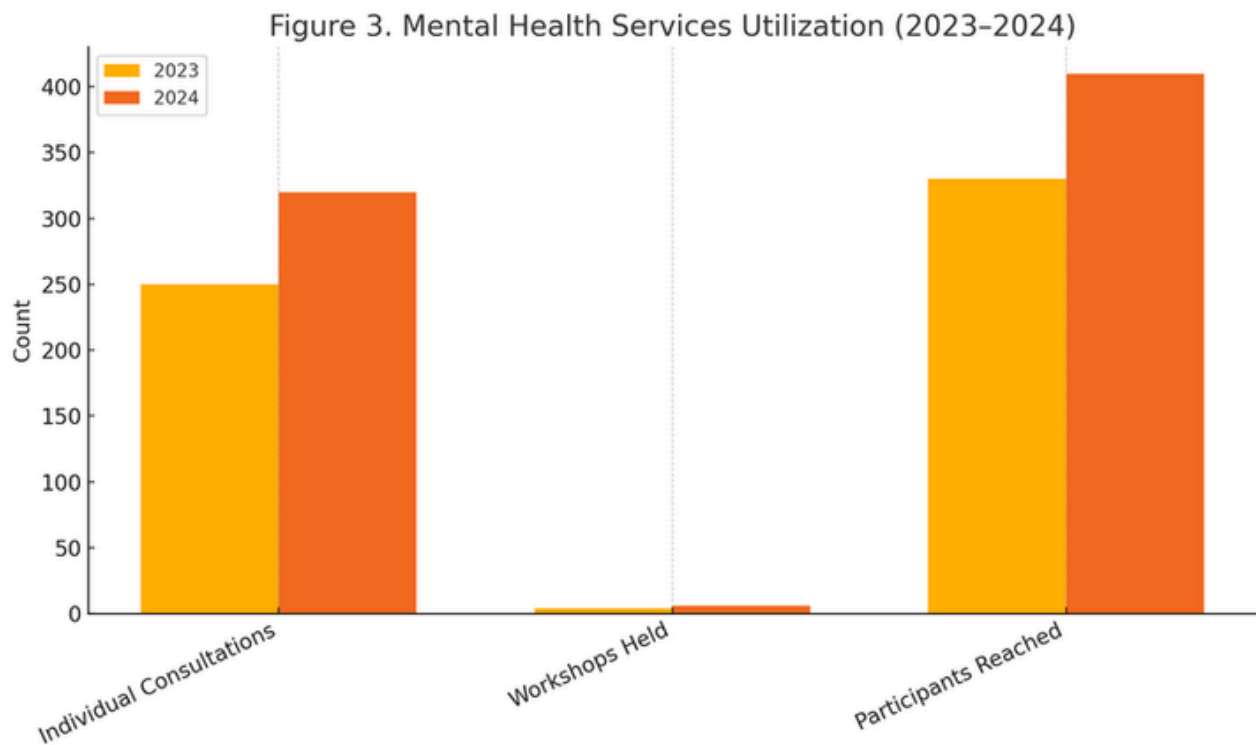
3. Student Feedback and Outcomes

- According to an end-of-year student survey:
 - 87% of participants rated the counseling services as “effective” or “very effective”
 - 74% reported improved academic performance and concentration after receiving psychological support

Category	2023	2024	% Change
Individual consultations	250	320	+28%
Mental health workshops	4	6	+50%
Total participants reached	330	410	+24%

Figure 3. Mental Health Services Utilization (2023–2024)

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



Substance Abuse Prevention and Awareness

In 2024, University strengthened its substance abuse prevention efforts as part of its broader health and well-being strategy. These initiatives aimed to raise awareness about the dangers of drug use, tobacco, and alcohol among youth and promote a culture of healthy, conscious living.

1. Awareness Campaigns and Events

- A total of 7 anti-drug and anti-smoking awareness sessions were organized across faculties (↑ from 5 in 2023)
- NSU observed key global health days such as:
 - 26 June – International Day Against Drug Abuse and Illicit Trafficking
 - 31 May – World No Tobacco Day

These events involved guest lectures from law enforcement, medical professionals, and psychologists, as well as interactive Q&A sessions and visual presentations.

Total participants in these campaigns exceeded 620 students, marking a 22% increase over the previous year.

2. Peer-Led Workshops and Student Involvement

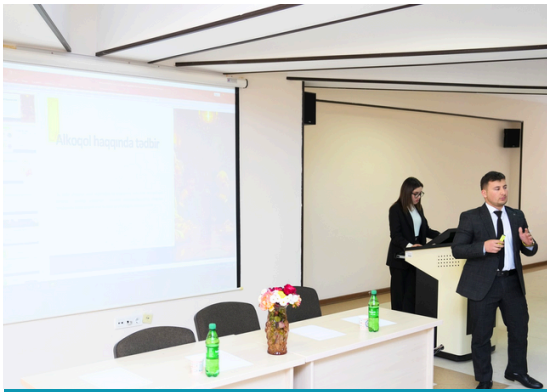
- Medical and psychology students organized peer-to-peer discussions on substance abuse risks and stress-induced behaviors
- Student clubs led poster competitions and video campaigns under the theme “Say No to Drugs – Say Yes to Life”

3. Outreach to Local Schools

- In collaboration with the Ministry of Education and public health agencies, NSU held 3 outreach seminars in nearby secondary schools
- These efforts targeted early prevention among adolescents aged 14–17

A total of 150 schoolchildren participated in these off-campus programs



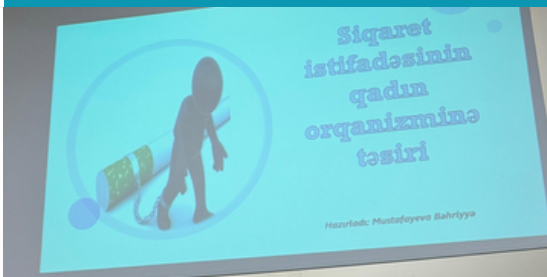


Choose Strength, Not
Substances

Say No Today — Own Your
Tomorrow



Healthy Mind, Healthy
Choices, Healthy
Future





Conclusion

Nakhchivan State University made remarkable strides in supporting SDG 3: Good Health and Well-Being, showing a deep and genuine commitment to the physical, mental, and social health of both its university community and the broader society.

The year was defined by meaningful progress — from expanding preventative health initiatives to strengthening mental health services and forging valuable partnerships on both national and international levels.

With more than 36 health campaigns and outreach programs, NSU reached over 2,400 individuals, spreading awareness about preventive care and healthier lifestyles. The university's Psychological Support Center also stepped up its efforts, providing 320 individual counseling sessions alongside several group workshops aimed at helping students manage stress, anxiety, and academic pressure. The feedback was overwhelmingly positive, pointing not only to improved emotional well-being, but also better academic outcomes and a stronger sense of inclusion.

NSU also cemented its role on the international stage. Students earned awards at prestigious research forums in China, and new collaborations — like the partnership with Metropolia University in Finland — showed that even a regional university can be a leader in global health education and innovation.

Closer to home, NSU deepened its outreach by partnering with rural schools, community groups, and government organizations to tackle critical issues like substance abuse and tobacco prevention. These efforts weren't just short-term projects, but part of a long-term vision to build lasting health literacy and empower the next generation.

Looking forward, NSU is committed to doing even more. Key priorities include:

- Expanding digital health tools to make counseling and health education more accessible
- Building peer support networks to help reduce stigma around mental health
- Strengthening community partnerships for ongoing research and outreach
- Improving health infrastructure to reflect global standards of equity, inclusion, and sustainability

With a spirit of innovation, empathy, and collaboration, NSU continues to advance the goals of SDG 3 — making sure that no student, staff member, or community partner is left behind in the journey toward better health and well-being for all.