SUSTAINABILITY IMPACT REPORT · 2025

BAKU SLAVIC UNIVERSITY

# Good Health & Well-Being

**SDG 3**

Ensure healthy lives and promote well-being for all at all ages — Baku Slavic University




## Report on SDG 3


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www.bsu-uni.edu.az

SECTION 01

# Introduction

Baku Slavic University (BSU) is committed to promoting the physical, mental, and social well-being of its students, academic and administrative staff, and the wider community in alignment with the United Nations Sustainable Development Goal 3 (SDG 3) – Good Health and Well-being.

The University's institutional approach is supported by three key documents:

POLICY

**Health and Well-being Policy**

Establishes a framework for preventive healthcare, health awareness, and physical and mental well-being.

POLICY

**Smoke-Free Policy**

Supports a healthier campus environment and protection from tobacco-related health risks.

REGULATIONS (2026)

**Psychological Support Centre**

Provides the institutional framework for psychological support services.

BSU's Psychological Support Centre provides free individual psychological counselling to students, academic staff, and administrative employees. The University also organises free seminars, training sessions, and awareness activities addressing mental health, stress management, and emotional well-being.

As part of its preventive healthcare practices, BSU organises annual medical examinations for first-year students, including general medical assessments, blood tests, and relevant health screenings.

CONTRIBUTION TO SDG 3

Through these established services, preventive initiatives, and educational activities, BSU promotes an inclusive and supportive university environment that contributes to the advancement of SDG 3.

SECTION 02

# Collaborations with Local and National Health Institutions

## 2.1 Cooperation with Student Healthcare Institutions

BSU supports access to preventive healthcare through cooperation with student healthcare providers, including the relevant student polyclinic.

This cooperation facilitates the organisation of annual preventive medical examinations for first-year students and access to medical professionals for further assessment and guidance when necessary.

The University maintains medical rooms in both academic buildings, providing initial medical assistance and supporting access to healthcare services.

These arrangements contribute to the University's preventive healthcare approach and its commitment to early identification of potential health concerns.

## 2.2 Vision Health Screening and Awareness

BSU's preventive healthcare activities include free eye examination initiatives aimed at promoting visual health and encouraging the early identification of vision-related problems.

Such initiatives complement the University's general medical services and strengthen awareness of the importance of regular health assessments.





## 2.3 Voluntary Blood Donation and Community Health

BSU supports awareness of voluntary blood donation as an important contribution to public health and community solidarity.

The University encourages responsible participation in blood donation initiatives and promotes awareness of their importance for patients requiring medical treatment.

Blood donation awareness forms part of BSU's broader commitment to health education and social responsibility.

## 2.4 HIV/AIDS Prevention and Awareness

**16 OCTOBER 2025**

BSU held an educational event entitled **"Healthy Future: Awareness in the Fight Against AIDS"** (*Sağlam Gələcək: QİÇS-lə Mübarizədə Maarifləndirmə*).

The initiative contributed to the University's efforts to raise awareness of HIV/AIDS and promote preventive health education among students.

**CONTRIBUTION TO SDG 3**

Through healthcare cooperation, preventive screenings, blood donation awareness, and HIV/AIDS education, BSU promotes health literacy and access to essential health information.

**SUPPORTING EVIDENCE**

Free medical check-ups
https://bsu-uni.edu.az/News/details/1288

SECTION 03

# Health Outreach and Preventive Awareness Programmes

BSU promotes preventive health education through awareness programmes addressing substance abuse, psychological well-being, and health-related social inclusion.

## 3.1 Drug Prevention and Substance Abuse Awareness

14 APRIL 2025

BSU, in cooperation with the **Nasimi District Police Department**, organised an awareness meeting entitled **"The Harmful Effects of Drugs and Cybercrime".**

The event addressed the harmful consequences of drug use for physical and psychological health and emphasised the importance of preventing substance abuse among young people.

## 3.2 Autism Awareness and Inclusive Well-being

As part of Autism Awareness Month and the University's inclusive education initiatives, BSU organised activities aimed at strengthening awareness of autism and promoting social inclusion.

**14 April 2026** — students participated in a screening of the film **"Buğda dənəsi",** held within the framework of the fourth international conference *"From Inclusive Education to an Inclusive Society: A Sustainable and Inclusive University Model" (ITIC 2026).*

**18 April 2026** — BSU students participated in the second Autism Research and Development Forum.

These activities contributed to awareness of neurodevelopmental differences, inclusive attitudes, and the importance of social participation.

## 3.3 Preventive Health Education

BSU complements its health services with educational activities promoting responsible health behaviour, psychological awareness, and the prevention of health-related risks.

University-organised seminars, training sessions, and awareness activities are provided free of charge to students and employees, including activities delivered by invited external experts.
Health education seminars

**CONTRIBUTION TO SDG 3**

These initiatives promote preventive health awareness and contribute to a more informed and inclusive academic community.

SECTION 04

# Shared Sports Facilities and Healthy Lifestyles

4.1

## Shared Sports Facilities with the Local Community

Baku Slavic University (BSU) provides shared access to its outdoor football pitch, located in the courtyard of its second academic building, for both university students and pupils of its affiliated School-Lyceum. This shared-use arrangement extends access to university sports infrastructure beyond higher education students, promoting physical activity, healthy lifestyles and well-being among schoolchildren.

4.2

## Participation in the 9th Baku Marathon

The Rector of Baku Slavic University, Anar Naghiyev, and university students participated in the **9th Baku Marathon**, organised at the initiative of the Heydar Aliyev Foundation under the slogan **"Defy the Wind"**.




The University's involvement in this public sporting initiative demonstrates its commitment to encouraging physical activity and promoting healthy lifestyles.

**CONTRIBUTION TO SDG 3**

Through sports infrastructure and participation in public sporting initiatives, BSU promotes physical well-being and active lifestyles.

**SUPPORTING EVIDENCE**

- 9th Baku Marathon — photographic evidence
  https://bsu-uni.edu.az/News/details/1632

SECTION 05

# Sexual and Reproductive Health Care Services

BSU recognises sexual and reproductive health awareness as an important component of student well-being.

ACCESS

### Initial Medical Guidance

Students can access initial medical guidance through the University's on-campus healthcare facilities and receive assistance in seeking further medical assessment when specialised services are required.

APPROACH

### Awareness and Professional Support

The University's approach emphasises health awareness, responsible health decisions, and access to appropriate professional medical support.

Health education activities also contribute to students' understanding of preventive healthcare and the importance of seeking timely medical advice.

These services form part of BSU's broader commitment to supporting student health and well-being.




AWARENESS EVENT

### “Healthy Future: Awareness in the Fight against HIV/AIDS”

BSU organised the awareness event “Sağlam gələcək: QİÇS-lə mübarizədə maarifləndirmə” (Healthy Future: Awareness in the Fight against HIV/AIDS) for students. The event raised awareness of HIV/AIDS prevention and of the importance of responsible health decisions and timely, confidential medical advice.

SECTION 06

# Mental Health Support for Students

6.1

## Free Psychological Counselling

BSU's Psychological Support Centre provides **free individual psychological counselling** to students. The Centre supports students experiencing psychological and emotional difficulties and contributes to a supportive academic environment.

Its activities are governed by the University's approved Regulations of the Psychological Support Centre (2026).

6.2

## Mental Health Awareness Activities

BSU complements individual counselling with educational programmes addressing mental health, emotional well-being, stress management, and psychological resilience.

9 OCTOBER 2025

### Mental Health Day

Students participated in an event dedicated to Mental Health Day.

10 OCTOBER 2025

### “The Impact of Dreams on Mental Health”

Training delivered by **Fatima Ahmadova**, lecturer, Department of Psychology.

These activities promoted awareness of psychological well-being and complemented the University's ongoing counselling services.

6.3

## Accessible Mental Health Education

All BSU-organised psychological awareness seminars and training activities are provided free of charge. Through individual counselling and educational initiatives, the University promotes early help-seeking, emotional well-being, and a supportive learning environment.






SECTION 07

# Mental Health Support for Academic and Administrative Staff

## 7.1 Free Individual Psychological Support

BSU's Psychological Support Centre provides **free individual psychological counselling to academic and administrative employees**, in addition to its services for students.

This institutional service contributes to staff well-being and supports employees experiencing psychological or emotional difficulties.

## 7.2 Emotional Well-being and Professional Development

10 FEBRUARY 2026

The University's **Teacher Development Centre and Department of Psychology** jointly organised a practical seminar entitled **"Emotional Balance and Professional Activity"**.

The seminar focused on strengthening the psychological preparedness of academic staff and supporting emotional balance in professional and pedagogical activities.

BSU also provides free psychological awareness and professional development activities to employees, including programmes delivered with the participation of invited specialists.

CONTRIBUTION TO SDG 3

By combining free individual psychological counselling with staff well-being initiatives, BSU supports a healthier and more supportive working environment.



SECTION 08

# On-Campus Health Services and Preventive Medical Care

8.1

## On-Campus Medical Facilities



BSU operates medical rooms in both of its academic buildings to support access to initial healthcare assistance.

These facilities provide first-aid assistance, basic medical guidance, and initial support for students requiring medical attention.

When further assessment or specialised treatment is necessary, students can be directed to appropriate healthcare providers.

8.2

## Annual Medical Examinations for First-Year Students

BSU organises **annual preventive medical examinations for first-year students** as part of its established healthcare practices. These examinations include:

- General medical assessments;
- Blood tests;
- Relevant preventive health screenings;
- Medical guidance when further examination is necessary.

The examinations support the early identification of potential health concerns and promote timely access to healthcare advice.

8.3

## Preventive Healthcare and Medical Guidance



The University's healthcare approach combines initial medical assistance, annual examinations, preventive awareness, and cooperation with healthcare providers.

These services support student well-being and encourage the timely use of appropriate medical services.

SECTION 09

# Smoke-Free Campus and Health Protection

BSU's Smoke-Free Policy forms part of the University's institutional approach to protecting health and reducing tobacco-related risks.

The policy establishes rules concerning smoking on university premises and supports the promotion of a healthier learning and working environment.

Together with the Health and Well-being Policy, it provides a framework for health protection, preventive awareness, and institutional responsibility.

BSU's approach to tobacco-related health risks complements its wider efforts to promote preventive healthcare and well-being.

**SUPPORTING EVIDENCE**

- Smoke-Free Policy
  slavicuniversityfiles.blob.core.windows.net/.../Smoke-Free Policy.pdf
- Health and Well-being Policy
  slavicuniversityfiles.blob.core.windows.net/.../Health and well-being policy.pdf

SECTION 10

# Psychological Support Centre: Promoting Mental Health and Well-being

Baku Slavic University (BSU) promotes mental health and psychological well-being through its Psychological Support Centre, which operates within the Department of Psychology, Faculty of Education.

The Centre provides free individual psychological counselling, group support, psychological assessment, preventive services and mental health awareness activities. Its work focuses on supporting students' emotional well-being, facilitating adaptation to university life, preventing psychological difficulties and creating a safe and inclusive learning environment.

**42** During 2024–2026, the University documented 42 psychological education and awareness activities, including seminars, training sessions, workshops and professional discussions. Key initiatives addressed stress management, emotional balance, mental health awareness, student adaptation, interpersonal communication and personal development.

Notable activities included:

| 10 OCTOBER 2025 | 10 FEBRUARY 2026 | 19 MARCH 2026 | 22 APRIL 2026 |
|---|---|---|---|
| World Mental Health Day | Emotional Balance and Professional Activity | Stress Management | First-Year Student Adaptation |

The Centre also supports psychological awareness and educational engagement beyond the University through activities involving educational institutions and external partners.





Left to right: Stress Management training (19 March 2026); First-Year Student Adaptation training (22 April 2026); Projective Analysis of Family Relationships (3 March 2026).

**CONTRIBUTION TO SDG 3**

These initiatives contribute to SDG 3 – Good Health and Well-being, particularly by strengthening institutional mental health support and promoting psychological resilience among students and the wider educational community.

**SUPPORTING EVIDENCE**

Official BSU Psychological Support Centre webpage [insert public URL]

SUPPLEMENTARY ACTIVITY · OCTOBER 2026

# Inspiring Healthy Lifestyles Through Sporting Role Models

**16 OCTOBER 2026**

Students of BSU's SABAH Centre participated in a meeting entitled **“The Road to Success”** with **Zulfiyya Huseynova**, an Honoured Master of Sports and multiple world and European champion in judo, sambo, and para-judo.

During the meeting, the athlete shared her professional experiences and highlighted the importance of discipline, perseverance, determination, and self-confidence.

She also encouraged young women to participate actively in sports, education, and professional life.

The event promoted positive sporting role models, personal development, and motivation among students.

> **Supporting Evidence:**
> https://bsu-uni.edu.az/news/tedbirlerdetails/1906



SUPPLEMENTARY ACTIVITY · OCTOBER 2026

# Drug Prevention and Health Awareness in the Digital Environment

17 OCTOBER 2026

On 17 October 2026, Baku Slavic University organised an educational awareness event entitled **"Hidden Drug Risks in the Digital Environment"**, bringing together representatives of the State Commission on Combating Drug Abuse and Illicit Drug Trafficking, the Baku City Narcological Centre and the Azerbaijan National Anti-Doping Agency (AMADA).

State Commission on Combating Drug Abuse and Illicit Drug Trafficking

Baku City Narcological Centre

Azerbaijan National Anti-Doping Agency (AMADA)

The event focused on preventing substance abuse, raising awareness of the harmful effects of drugs on physical and mental health, and protecting young people from drug-related risks in digital environments. An interactive question-and-answer session encouraged student engagement and discussion of preventive measures.

CONTRIBUTION TO SDG 3 TARGET 3.5

The initiative contributes to SDG 3, particularly Target 3.5, by supporting substance abuse prevention and health education.

SUPPORTING EVIDENCE

Hidden Drug Risks in the Digital Environment — official BSU news
https://bsu-uni.edu.az/News/Details/1902



SECTION 11

# Conclusion

Baku Slavic University advances Sustainable Development Goal 3 through an institutional approach integrating preventive healthcare, accessible medical assistance, free psychological counselling, health education, and opportunities for physical activity.

The University's established services are complemented by faculty-level initiatives and cooperation with external organisations, strengthening health awareness and supporting the well-being of students and employees.

## Future Priorities

**1** **Healthcare service coverage**
Improving the documentation of healthcare service coverage.

**2** **Health-related partnerships**
Strengthening evidence of health-related partnerships.

**3** **Psychological support reach**
Monitoring the reach of psychological support services.

**4** **Measurable awareness activities**
Expanding measurable health awareness activities.

Through these priorities, BSU aims to further integrate health and well-being into university life and strengthen its contribution to SDG 3.

APPROVAL AUTHORITY
**Higher Education Center, Baku Slavic University**

RESPONSIBLE UNITS FOR MONITORING AND FUTURE UPDATES
**Higher Education Center**