

# Good Health & Well-Being

## SDG 3

### Report on SDG 3

### 3 GOOD HEALTH AND WELL-BEING



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## Introduction

Baku Slavic University (BSU) places the health, safety, and wellbeing of its students, staff, and surrounding community at the center of its institutional mission. In alignment with the United Nations Sustainable Development Goal 3 – Good Health & Well-Being, BSU implements a comprehensive system of policies, facilities, services, and outreach initiatives designed to promote physical, mental, emotional, and social wellness. This commitment is formally supported through the University's Smoke-Free Policy and Health & Well-Being Policy, regularly conducts HIV/AIDS (QIÇS) awareness seminars which ensure a healthy, safe, and supportive campus environment, strengthen preventive health measures, and promote long-term wellbeing for the entire university community.

## Collaborations With Local, National & International Health Institutions

BSU maintains active partnerships with health institutions to enhance medical support, preventive care, and community health awareness. These collaborations include:



## National and Local Partnerships

- Azerbaijan Red Crescent Society (Qızıl Aypara): joint blood donation campaigns, first-aid awareness workshops, and volunteer training.
- Local clinics and family health centers: free check-ups, diagnostic screenings, and health education seminars.
- Licensed physicians and certified specialists: invited regularly to deliver sessions on preventive medicine, reproductive health, chronic disease prevention, and infectious disease awareness.

## Impact of Collaborations

These partnerships contribute to:

- increased public health literacy
- broader access to preventive care
- strengthened emergency preparedness
- improved wellbeing outcomes for both BSU and the local community





## Community Outreach Programmes on Health & Wellbeing

BSU implements wide-ranging outreach programmes aimed at improving health and wellbeing among local residents, schools, youth groups, vulnerable populations (including IDPs), and other community members. These programmes are supported by student volunteers and qualified health professionals.

### Key Outreach Themes

- Hygiene and disease prevention (school seminars and youth workshops)
- Healthy nutrition and lifestyle education
- Reproductive and sexual health awareness
- Family planning and women's health education
- Mental health literacy sessions (stress management, coping strategies)
- Aging well programmes for older adults
- Physical activity and sports promotion events

### Student Volunteering

BSU student volunteers play a central role in delivering community health activities, supporting:



- Red Crescent campaigns
- school outreach
- local community seminars
- social support initiatives for IDPs

## Shared Use of Sports Facilities for Community Health Promotion

BSU promotes physical wellbeing by making its sports infrastructure available for local schools, community groups, and the general public during university-led events.

Shared Facilities Include:

- indoor sports hall
- outdoor physical activity areas

These facilities are used for:

- inter-school tournaments
- youth training sessions
- community health and fitness days
- public events promoting active living





## Access to Reproductive Health Services for Students

BSU ensures that students have access to professional guidance, educational materials, and essential health support related to reproductive wellbeing.

### Educational Services

- seminars by licensed gynecologists and health specialists
- awareness sessions on healthy reproductive behaviour and women's reproductive health
- family planning guidance
- distribution of educational materials on reproductive rights and safe practices

### On-Campus Support

The BSU medical doctor and certified nurse provide:

- confidential first-line consultations
- guidance on reproductive health issues
- referrals to professional medical institutions





## Mental Health Support and Psychological Services

BSU ensures continuous mental health support for students through structured programmes, awareness campaigns, and professional services.

### Professional Psychological Support

- individual counselling sessions
- stress and anxiety management training
- support sessions for exam-related stress
- psychological assistance for IDPs, vulnerable students, and international students

### Preventive Mental Health Education

- Mental Health Awareness Week
- campus-wide seminars on emotional wellbeing
- training sessions on self-regulation and resilience





## On-Campus Health Services & Preventive Care

BSU maintains a high-standard medical environment providing accessible, free, and inclusive health services.

BSU Medical room

Fully staffed with:

- Certified medical doctor
- Licensed nurse

Free Preventive Screenings

- blood pressure checks
- blood sugar measurements
- vision and general health assessments
- guidance on disease prevention
- immunization awareness

Emergency & First-Aid Response

- on-site emergency support
- first-aid intervention
- immediate referral mechanisms





## Conclusion

Through robust partnerships with healthcare institutions, continuous community outreach, preventive medical services, professional psychological support, reproductive health education, and public access to sports facilities, Baku Slavic University demonstrates a strong institutional commitment to SDG 3. BSU's integrated approach ensures that health and wellbeing are supported not only within the university but throughout the wider community.

The University remains dedicated to advancing holistic wellbeing, fostering a healthy academic environment, and contributing to Azerbaijan's national health priorities and global sustainable development goals.

### **Approval Authority**

Higher Education Center, Baku Slavic University

### **Responsible Units for Monitoring and Future Updates**

Higher Education Center