

NAKHCHIVAN
STATE
UNIVERSITY

20
23

SDG PROGRESS REPORT

3 GOOD HEALTH
AND WELL-BEING



THE GLOBAL GOALS

Introduction

The Sustainable Development Goals (SDGs), also known as Global Goals, comprise 17 interconnected objectives aimed at ending poverty, safeguarding the planet, and promoting peace and prosperity by 2030. SDG 3, “Good Health and Well-being,” focuses on ensuring healthy lives and promoting well-being for all at all ages. Nakhchivan State University (NSU) supports this goal through comprehensive health initiatives, providing access to mental health services, reproductive healthcare, and physical wellness programs for students and staff. NSU also collaborates with local health institutions and offers educational outreach on topics like hygiene, nutrition, and exercise, fostering a campus culture that prioritizes health and well-being.

Nakhchivan State University (NSU) actively supports Sustainable Development Goal 3 (SDG 3) by promoting the physical, psychological, and social well-being of its academic community and the broader Nakhchivan region. In 2023, NSU organized nearly 30 free health campaigns for students and local residents, focusing on preventive care and health education. NSU's initiatives also extend to international recognition, with students winning awards at the International Forum on Innovative Design in Medical Sciences and participating in significant health forums. Through partnerships, conferences, and public health projects, NSU fosters a community committed to health and well-being.

Nakhchivan State University (NSU) has undertaken significant initiatives aimed at promoting the physical, psychological, and social well-being of both its academic community and the broader Nakhchivan region, supporting the Sustainable Development Goal 3 (SDG 3). In 2023, NSU organized approximately 30 free health campaigns for students and local residents. The campaigns targeting preventive care and health education were organized by NSU team, which underscores the responsibility of the institution toward the public health.

Moreover, NSU students won the International Forum on Innovative Design in Basic Medical Sciences held in Guangzhou, China, between 21 and 24 August 2024 with exemplary distinction. Three students received bronze medals for research in competition held in several categories, which increased further the scientific image of NSU. The involvement of February NSU in the First Turkish States Medical Congress at Yeditepe University helped share and promote health developments among the Turkish states with NSU establishing itself in the regional health discourse.



Promoting a healthy campus and empowering students with access to essential health resources, Nakhchivan State University is dedicated to fostering well-being and supporting SDG 3. Through health campaigns, mental health support, and preventive care initiatives, NSU ensures that students have the resources needed to thrive in a supportive and inclusive environment.



On a national level, NSU organized conferences, including the Republican Conference for Medical Students and Young Researchers, where topics such as hormonal changes in adolescent girls with obesity were discussed. This work was later published in the Russian Journal of Obstetrics and Gynecology. NSU also collaborated with One for Health and EMSA Nakhchivan on initiatives to



In line with World Tuberculosis Day, NSU organized awareness events on TB prevention and the promotion of healthy lifestyles. The university further expanded its academic partnerships by forming a research group with Finland's Metropolia University, reinforcing NSU's international cooperation in medical sciences.

NSU faculty and students have contributed significantly to scientific literature, with articles published in esteemed journals such as *Reproductive Health Eastern Europe*, which included a study on hormonal activity in adolescent girls born through assisted reproductive technologies. Additionally, NSU organized multiple health-centered events, such as anti-smoking campaigns, sports competitions, and youth health awareness programs.



Through the Healthy Youth, Healthy Future project, NSU medical faculty organized educational sessions in local schools, promoting awareness of the effects of harmful habits. NSU students also achieved international recognition; for example, third-year medical student Ali Alakbarli won a silver medal at the Belt and Road International Forum on Innovative Research held in Chongqing, China, in 2023.

