



>> **Mingachevir State University**

Report

3 GOOD HEALTH
AND WELL-BEING



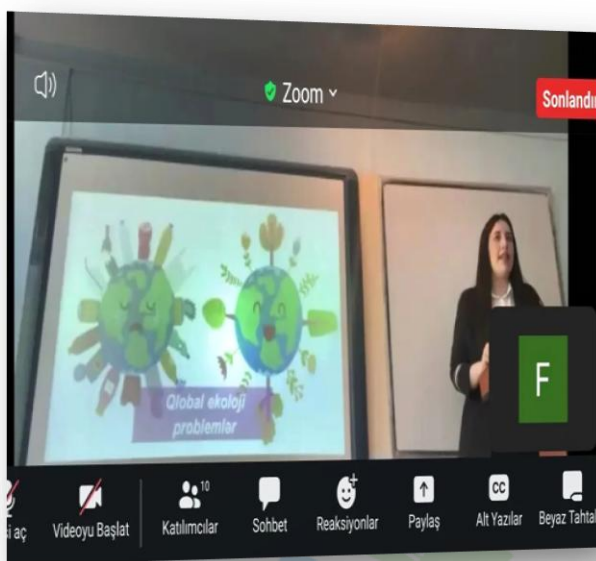
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The formation of a healthy society and individuals living in welfare holds a central place in the socio-economic development of every country. To achieve this goal, the United Nations (UN) has set the 3rd Sustainable Development Goal (SDG) as "Good Health and Well-Being" to be achieved by 2030. This goal aims to ensure a healthy life for all, strengthen the foundations of well-being, and safeguard the physical and mental health of people at all ages.

Mingachevir State University (MSU) contributes to the realization of this important goal by carrying out various activities, training sessions, and programs aimed at enhancing health, welfare, ecological awareness, and mental support. MSU's

extensive awareness activities on health, well-being, environmental consciousness, and mental support aim to improve the health knowledge of students and staff and enhance their quality of life.

Mingachevir State University (MSU) provides various volunteer activities and organizations to support students in improving their health and well-being. Among these organizations, the Green Volunteers, One Volunteers, and Student Youth Organization hold particular significance. They also fulfill the university's social responsibility by organizing a series of projects and activities on health and well-being.



1. Green Volunteers

Green Volunteers is a volunteer organization dedicated to environmental protection and ecological health. This organization promotes a healthy





importance of a nature-friendly approach and a healthy lifestyle. These activities contribute to improving students' physical and psychological well-being, as well as encouraging them to live in harmony with nature.

2. One Volunteers

One Volunteers is a volunteer organization that provides various social



services and focuses on health and well-being projects. One Volunteers pay particular attention to mental health issues and organize activities to support psychological well-being. Through these events, they provide psychological



support and raise awareness of social issues. They also organize training and programs in the social services sector, which positively influence students' social welfare.



3. Student Youth Organization



stress management, and health awareness activities. The organization strives to improve students' physical and psychological well-being by organizing wellness events, sports competitions, and health seminars to enhance students'

MSU's Student Youth Organization carries out various activities aimed at the social and cultural development of students. The organization also organizes projects to protect the health and welfare of students. It promotes a healthy lifestyle through sports events, healthy eating seminars,



important work in the area of social responsibility. These efforts help to strengthen students' academic, psychological, and physical welfare, providing them with a healthier environment in which to pursue their education.

quality of life. These volunteer organizations and student bodies carry out significant activities at MSU to improve health and well-being. They support students not only in their academic lives but also in their physical and psychological welfare, promoting a healthy lifestyle and carrying out



Collaboration with Government and Non-Governmental Organizations

Mingachevir State University (MSU) cooperates with both governmental and non-governmental being

organizations to ensure the well-of its students and staff. This collaboration involves joint efforts between various organizations and institutions. Under the organization of the Ministry of Youth and Sports, MSU participates in various health-related projects and training sessions. In cooperation with the Ministry of Health and the



Central Blood Bank, MSU organizes health-related activities. Additionally, in partnership with the Mingachevir City Central Hospital, MSU offers health screenings, training sessions, and seminars to students and the public. Moreover, MSU cooperates with the Inclusive Education Center of Azerbaijan State University of



Economics (UNEC) and the "PsychoSen" psychological support platform to improve psychological well-being and strengthen inclusive education. These platforms play an important role in providing psychological support to MSU students. Additionally, MSU works with the Ministry of Labor and Social Protection of the

Population (MLSP) and the State Employment Agency to enhance the employment opportunities and social welfare of its students.



Collaborations with the Ministry of Science and Education further expand MSU's health and welfare awareness campaigns among youth.

Collaborating with the Mingachevir City Executive Authority, MSU also contributes to improving health services and enhancing social welfare at the local level.

These collaborations allow MSU to fulfill its social responsibility both at the city and regional levels.

These joint activities with various organizations help create a broader and more beneficial environment for health and welfare, while aiming to improve the social welfare of youth, students, and the population.



Services and Opportunities Provided by MSU

Mingachevir State University (MSU) offers various services and opportunities to support the health and welfare of its students and staff through different structures such as the Law Office, International Cooperation Office, Psychology Center, and Career Development Center.

1. Legal Services

MSU's legal services center provides legal counseling to students and staff, particularly in areas related to social and health rights, labor law,



and other relevant fields. Students can seek assistance from this center to obtain information on legal issues, protect their rights, and take appropriate legal measures.

These services also aim to ensure the social welfare of university staff in compliance with internal regulations.



provide students with broader perspectives on health and welfare issues. The office also brings international health and welfare innovations and experiences to MSU, enabling both students and academic staff to gain valuable knowledge on a global scale.

2. International Cooperation Office

The International Cooperation Office strengthens MSU's global relations and offers opportunities for students and staff to participate in study, research, and internship programs abroad. Exchange programs



3. Psychology Center

MSU's Psychology Center focuses on the mental health of students and offers support for coping with stress, anxiety, and depression. The center also provides psychological support to



university staff, helping them maintain a work-life balance. Students and staff can receive psychological assistance through individual

or group therapy sessions, seminars, and training designed to enhance their psychological well-being.

4. Internship and Career Development Center

The Internship and Career Development Center offers support for students' career development. The center helps students select their career paths and prepares them for success in their professional lives by



offering guidance and organizing internship programs. This center's activities positively impact students' social welfare while also enhancing their preparation for the workforce. Career seminars, internships, and skills development training



provided by the center also support students in achieving a balanced professional life. These centers work together to create an ecosystem that strengthens the health and welfare of students and staff. MSU continues to provide high-level support to its students and staff in both education and social welfare.



Results of Collaboration and Future Prospects

MSU's collaboration with governmental and non-governmental organizations allows for significant achievements in the field of health and welfare. These partnerships ensure effective use of the university's resources and the implementation of scientific research and practical projects. In



the future, MSU plans to expand these collaborations and implement more innovative and large-scale initiatives in health and welfare, aiming to further improve the health and well-being of both students and

staff and contribute to the formation of a healthy society. MSU's strong collaboration with government and non-governmental organizations remains an essential factor in ensuring sustainable development within the framework of the United Nations' SDG, "Good Health and Well-Being."



Health Support Activities at MSU:

1. **Health-Related Events:** MSU organizes various health-related activities throughout the year, such as awareness seminars on drug addiction, first aid training, and blood donation campaigns. These events aim to raise awareness among students about the importance of healthy living and improve their medical knowledge.



2. **Environmental Health and Welfare Improvement:**

Environmental health has a direct impact on human health. MSU's



projects in the field of ecology are particularly significant in this regard. For example, the university celebrates "Ecology Day," during which students are educated on environmental conservation and the importance of ecological welfare. These

initiatives not only raise students' ecological awareness but also highlight the importance of creating a healthy environment.

3. **Sports and Physical Activity Promotion:**

Physical activity is one of the



key factors for health and well-being. MSU provides various opportunities for students to engage in sports activities. Sports events and other physical activities

support the health of students. These activities promote a healthy lifestyle and improve their physical well-being.

4. **Psychological Support:** MSU offers psychological support to students through seminars and training aimed at maintaining mental health. These sessions focus on improving students' well-being and stress management skills.
5. **Health and Safety Training:** MSU organizes first aid and other medical training sessions to ensure the health and safety of students. First Aid training helps students improve their skills in providing emergency assistance, thus contributing to the creation of a safer environment.

Conclusion

MSU plays a significant role in supporting the United Nations' Sustainable Development Goal 3, "Good Health and Well-Being." Through the various activities conducted at MSU, the university enhances the health and well-being of its students and staff. It is recommended that the university continues to expand its activities and organize more innovative health-related projects. This will further increase students' health knowledge and contribute to their personal well-being.

