

## SDG 3 – Good Health & Well-being

Sumgayit State University promotes the physical and mental well-being of its students and staff through accessible healthcare services, psychological support, and health awareness initiatives. The university integrates health and wellness into campus life, fostering a safe, inclusive, and supportive academic environment.

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### Key Results (2025)

- **Medical consultations:** 413
  - **Students receiving psychological counseling:** 38
  - **Health awareness events:** 12
  - **Participants in health programs:** 100
  - **Blood donation participants:** 73
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### Programs and Services

#### ● **Medical and Preventive Services**

The University Medical Center provides primary healthcare, emergency support, and preventive consultations. Referral services ensure access to specialized medical care when required. Hygiene and preventive education programs support campus-wide health protection.

#### ● **Psychological and Mental Health Support**

The Psychological Service Center delivers counseling services, stress management sessions, and psychological assessments, supporting emotional well-being and academic success.

#### ● **Health Awareness and Community Engagement**

The university organizes health campaigns and collaborates with public health institutions. Activities include:

- Blood donation campaigns
- HIV/AIDS awareness initiatives
- Anti-drug education programs
- First aid training

#### ● **Physical Activity and Social Well-being**

Sports facilities, recreational programs, and extracurricular activities promote active lifestyles and enhance overall student well-being.

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### Community Engagement and Impact

SSU actively collaborates with health authorities and community organizations to promote public health and student well-being. These initiatives strengthen both campus health systems and broader community engagement.

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### Institutional Support

- University Medical Center providing continuous healthcare services
  - Psychological counseling services available to students
  - Sports and recreational facilities
  - Partnerships with health organizations and institutions
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### Future Priorities

- Expand preventive healthcare programs
- Strengthen accessibility of mental health services
- Increase participation in health and wellness initiatives

- Improve data collection and monitoring of health indicators

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**Evidence and Reporting**

This page is based on institutional data collected for the 2025 reporting period and supports Sumgayit State University's Sustainability Reporting aligned with the Sustainable Development Goals (SDGs).