



THE GLOBAL GOALS



UZBEKISTAN STATE UNIVERSITY
OF WORLD LANGUAGES

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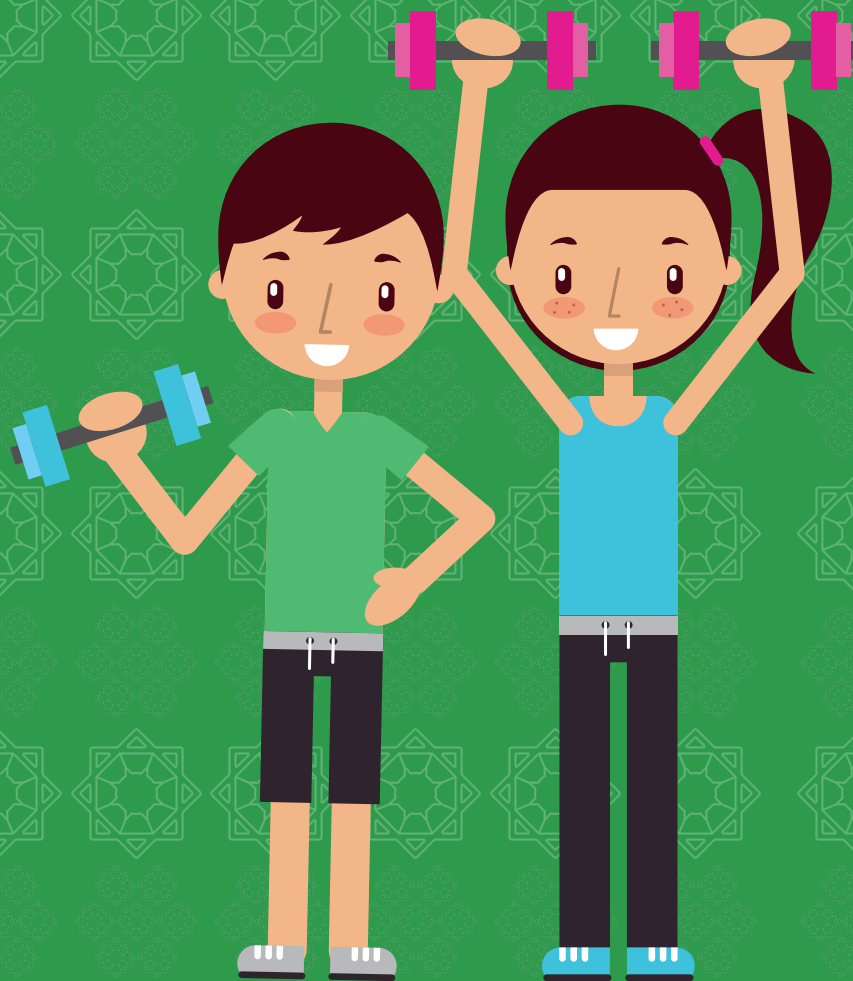
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TILLARI UNIVERSITETI
UZBEKISTAN STATE WORLD
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3 GOOD HEALTH AND WELL-BEING



**UZBEKISTAN STATE
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Healthcare at UzSWLU

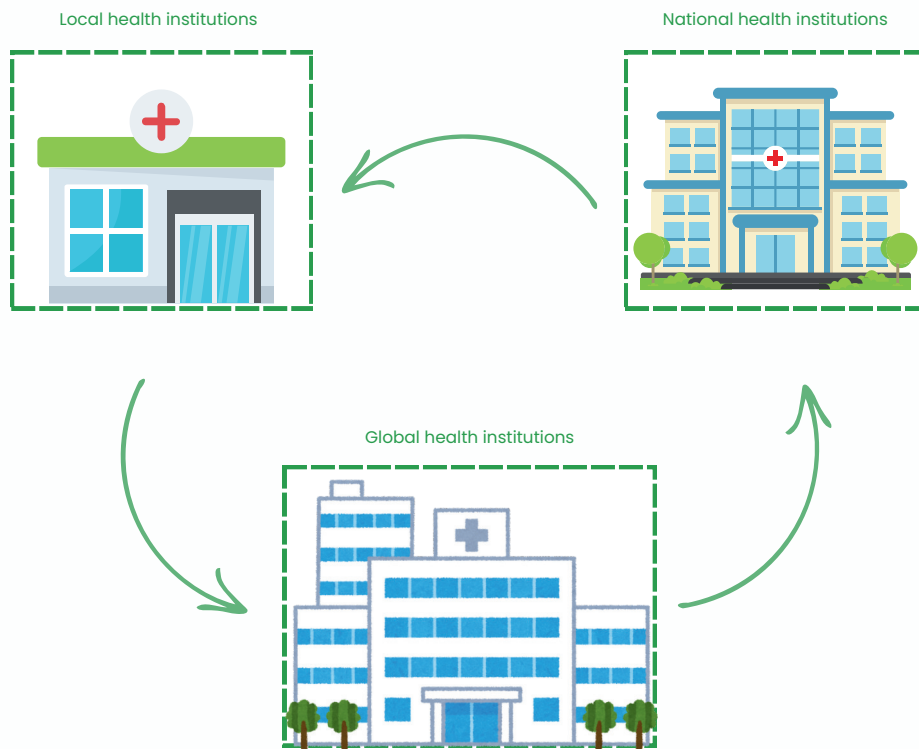
Health and well-being, recognized as the 3rd Sustainable Development Goal (SDG), is a crucial link to achieving various other sustainable goals by promoting inclusive, holistic health and well-being for all. The Uzbekistan State World Languages University (UzSWLU) places a strong emphasis on these values by collaborating with health institutions at local, national, and international levels.

In 2022, UzSWLU developed a comprehensive strategic plan focused on health and well-being, aiming to support the physical and mental wellness of both students and staff. Collaborations include partnerships with the Uzbek Ministry of Health to provide health screenings, mental health seminars, and vaccination campaigns across all faculties. These initiatives, such as annual health screenings and awareness seminars on mental health, encourage preventive care and improve overall well-being. Additionally, UzSWLU partners with local healthcare centers for on-campus health services, facilitating easy access to medical consultation and urgent care for students and staff.

The UzSWLU works in constant cooperation with...

UzSWLU is also part of international health networks, collaborating with organizations such as UNICEF to foster health awareness and establish sustainable, health-related resources on campus. This includes workshops, fitness programs, and psychological support services, aligning with global standards to create a health-focused educational environment.

By providing these resources and forming impactful partnerships, UzSWLU continuously strives to enhance the health and well-being of its academic community in alignment with sustainable development goals.



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Healthcare at UzSWLU

I. Cooperation with local health institutions

There are first aid stations in every university building. They are provided with the necessary medical equipment and medications. There is also an outpatient clinic and a medical unit with laboratories on the territory.

Uzbekistan State World Languages University (UzSWLU) takes an active approach to the health and wellness of its students and staff by offering a range of health services in collaboration with local medical institutions. A dedicated polyclinic on the university grounds, in partnership with private healthcare providers, organizes annual health screenings for all students and employees each September and October. These screenings are comprehensive and free of charge. In cases of more serious health concerns, those in need receive referrals for further treatment at no additional cost.

Additionally, UzSWLU prioritizes specific health issues affecting women by organizing educational and preventative initiatives. A recent example is a roundtable discussion focused on "Enhancing Women's Reproductive Health and Increasing Medical Literacy." This event, organized in collaboration with the Women's Councils of UzSWLU, featured gynecologist Dr. Z. Tog'aymurodova, who provided valuable information on the importance of reproductive health for women. Dr. Tog'aymurodova discussed essential health topics, underscoring preventive measures for young women, particularly those preparing for marriage and family life, as well as the significance of establishing healthy families and promoting child wellness from early stages. Through these targeted discussions, UzSWLU aims to raise health awareness and foster a supportive environment for women on campus.



II. Cooperation with national health institutions

UzSWLU collaborates actively with various national health organizations to promote student and staff well-being. Among these, cooperation with the Ministry of Health of the Republic of Uzbekistan and the Republican Centers for Blood Transfusion, Oncology, and AIDS prevention stands out. Notably, the university recently organized a large-scale blood donation campaign in partnership with the Republican Blood Transfusion Center. This campaign, aimed at fostering a spirit of patriotism, kindness, and civic responsibility, saw the voluntary participation of around 150 students and staff members.



There is a Department of Work with Youth, Spirituality and Enlightenment

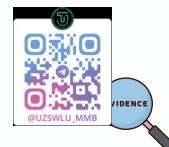
The Department of Youth Affairs, Spirituality, and Enlightenment at UzSWLU is dedicated to promoting a supportive and healthy academic and social environment. In addition to organizing health and wellness programs within the university, the department actively engages with the broader community and keeps students informed and connected through its social media channels. These platforms are regularly updated with reports and announcements on recent activities, seminars, and initiatives.



Collaborating with government health services and community organizations, the department emphasizes the holistic development of students, covering physical, mental, and social health. Activities include workshops on nutrition, mental resilience, and social adjustment, which are organized throughout the year. Through their social media presence, the department ensures that students, staff, and community members have access to information on these initiatives, fostering an inclusive and proactive health culture within and beyond the university.

The department's visibility on social platforms helps encourage participation, maintain transparency, and engage students in health-promoting activities, making UzSWLU a hub for knowledge and well-being.

In addition, the Women's Committee is also doing a lot of work to encourage young people to eat right, follow a healthy lifestyle, and play sports.



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Healthcare at UzSWLU

Promoting Food Hygiene and a Healthy Dining Environment

Recently, UzSWLU organized a special seminar in partnership with the "Shaxnoza Fayz-eko" Clinic, specifically aimed at promoting health and well-being among female students and staff. This event focused on encouraging a healthy lifestyle and educating students on the importance of food hygiene and nutrition for overall well-being. The chief doctor of the clinic, along with expert dietitians and gynecologists, offered practical guidance on maintaining food hygiene, understanding the essentials of balanced nutrition, and creating safe and health-focused dining habits.

In alignment with their health initiatives, the clinic provided attendees with information on preventing early marriage by promoting health awareness and personal well-being. The seminar also included opportunities for discounted and free consultations on topics related to reproductive health, personalized dietary advice, and preventive health measures. This setup allowed students to ask questions directly and receive personalized advice, fostering an open dialogue on health and wellness topics.

This collaboration supports UzSWLU's commitment to creating a health-conscious campus and encouraging students to make informed lifestyle choices, contributing to a vibrant, safe, and healthy learning environment.



Promoting Health through Sports and Exercise Education Initiatives

UzSWLU consistently emphasizes the importance of physical well-being by organizing a variety of sports and exercise training programs. These activities are aimed at fostering a culture of health and fitness within the student body and the broader community. The university regularly hosts training sessions, sports competitions, and tournaments to encourage active lifestyles and enhance physical education among participants.

Furthermore, to extend these benefits to the community, UzSWLU supports public engagement in sports through five primary initiatives that host local tournaments and events, encouraging diverse age groups to explore different sports. This approach provides students and community members with opportunities to participate in various sports, contributing to improved physical health, mental resilience, and community camaraderie.

These activities align with UzSWLU's commitment to holistic health education and its goal of building an active, health-oriented university culture that extends its impact beyond campus.



The Asian Championship in Shotokan Karate-Do, hosted by the Republic of Kyrgyzstan, concluded on July 1-2-3.

In this prestigious competition, Anvar Ibragimov, a third-year student from the Faculty of English Philology, demonstrated outstanding skills and secured first place in his weight category, surpassing all competitors.

Recognized as unbeatable in his weight class, we wholeheartedly congratulate our student on behalf of the university administration, faculty, classmates, professors, and friends. This remarkable achievement brings pride to the entire university community.

Various sports programs for volunteers

In support of student volunteerism, UzSWLU organizes diverse volunteer activities each year, aiming to foster community engagement and development among students. On June 26, 2022, UzSWLU students joined the "New Breath" running event, held in alignment with National Youth Day and International Olympic Day. This event, held simultaneously in eight cities across Uzbekistan, invited young volunteers to participate actively in promoting health and wellness. UzSWLU students, among other young volunteers, showed exceptional dedication, celebrating both physical fitness and community solidarity through their involvement in the race.

In addition to large-scale events, UzSWLU offers ongoing volunteer programs that focus on community service, educational outreach, and environmental initiatives. These programs not only support the university's commitment to social responsibility but also allow students to gain valuable life skills through hands-on experience and collaboration.



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Healthcare at UzSWLU

Sports Competitions at UzSWLU

At UzSWLU, sports activities are a key part of university life, encouraging students to engage in various competitions that promote physical fitness and teamwork. UzSWLU actively participates in local and national sports tournaments, and hosts annual events such as the Universiada, where students compete in a variety of sports, including chess, volleyball, football, and checkers (shashka). These competitions are designed to bring together students from diverse faculties to develop a spirit of healthy competition and cooperation.

Each year, the university organizes tournaments and invites notable participants, including students and faculty members. High-profile events often involve esteemed guests like the university rector, district administrators, and even prominent athletes, which highlights the significance placed on these sports competitions. Additionally, UzSWLU teams have represented the university at national and international levels, demonstrating athletic skills in both regional and global arenas.

Furthermore, through ongoing partnerships with sports federations, UzSWLU facilitates student participation in national leagues and tournaments. Regular chess, volleyball, and football matches are held, where students can build their skills and represent the university. Such activities are integral to UzSWLU's holistic approach, supporting not only academic but also personal and athletic development.



In honor of the Navruz holiday, the Uzbekistan State World Languages University hosted a series of **Rector's Cup sports competitions**. Events included table tennis, chess, mini football, volleyball, and track and field. Students, professors, teachers, and staff members all participated in these activities, fostering a sense of unity and celebration across the university community.



From September 9-11 of this year, in the city of Pardubice, Czech Republic, the World Shotokan Karate-Do Championship took place. **Anvar Ibragimov**, a 4th-year student from the Faculty of English Philology, represented UzSWLU in the -75 kg weight category and was recognized as unparalleled among his peers in this event.



On February 8-9, at the sports hall of the Uzbek State University of World Languages, the Tashkent city phase of the **"Universiada-2022"** sports competition in Belt Wrestling took place. During this event, the team from UzSWLU, led by Elbek Olimovich Ochilov, won 1 gold, 1 silver, and 3 bronze medals, securing 1st place in the overall team ranking.

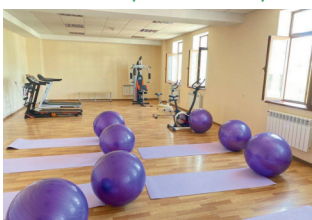
I. Our university's sports amenities include indoor and outdoor facilities, among which outdoor facilities such as track and field venues are provided free to teachers, students, and the community. The use of indoor facilities such as badminton courts and comprehensive stadiums, and others are provided to teachers and students free upon application.



Video evidence



II. A variety of sports facilities are available on the UzSWLU campus, supporting different athletic interests for students, faculty, and community members. Although there is no swimming pool on site, the university offers spaces for numerous other sports, including a fitness club that welcomes all who wish to exercise. Employees and students benefit from discounted access to these amenities, encouraging an active and healthy lifestyle within the university community.



Video evidence



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Healthcare at UzSWLU

Additionally, UzSWLU prioritizes specific health issues affecting women by organizing educational and preventative initiatives. A recent example is a roundtable discussion focused on "Enhancing Women's Reproductive Health and Increasing Medical Literacy." This event, organized in collaboration with the Women's Councils of UzSWLU, featured gynecologist Dr. Z. Tog'aymurodova, who provided valuable information on the importance of reproductive health for women. Dr. Tog'aymurodova discussed essential health topics, underscoring preventive measures for young women, particularly those preparing for marriage and family life, as well as the significance of establishing healthy families and promoting child wellness from early stages. Through these targeted discussions, UzSWLU aims to raise health awareness and foster a supportive environment for women on campus.



UzSWLU organizes informational seminars and workshops in collaboration with healthcare professionals, which provide students, especially young women, with knowledge about reproductive health topics, safe practices, and mental health. Topics covered often include awareness and prevention of issues like early marriage, maternal health, and general sexual well-being.

The Uzbekistan State World Languages University (UzSWLU) is committed to fostering a culture of reproductive health and well-being among its students. The university psychologist is actively involved in providing ongoing counseling and support to students, focusing on key aspects of reproductive health and mental well-being.

Students receive guidance on sexual health, the importance of a respectful and informed approach to sexual culture, and critical information about sexually transmitted infections (STIs), including HIV (Human Immunodeficiency Virus) and AIDS (Acquired Immunodeficiency Syndrome), as well as prevention measures. These sessions aim to increase awareness about transmission pathways and ways to safeguard their health.

Additionally, students can attend both individual and group counseling sessions to ask questions in a safe environment. If necessary, referrals to local health organizations are made to ensure students receive comprehensive care. The university's Department of Youth Affairs, Spirituality, and Enlightenment frequently organizes seminars, training sessions, and educational posts on social media to increase awareness and knowledge around reproductive health and responsible practices. This initiative plays a vital role in promoting a healthier, more informed student community.



Condoms

Condoms are the most popular birth control method and the only one that also protects against sexually transmitted diseases (STDs).

TYPES	HOW TO USE
<ul style="list-style-type: none"> Male condoms - available over the counter Female condoms - may need a prescription Dental dams - available over the counter 	<ul style="list-style-type: none"> Male condoms - placed on an erect penis Female condoms - worn inside the vagina Dental dams - placed on the vulva or anus during oral or anal sex
PROS	CONS
<ul style="list-style-type: none"> Protect against STDs Affordable & easy to find Come in various sizes & types Do not contain hormones 	<ul style="list-style-type: none"> Male condoms are 85% effective Female condoms are 79% effective Can tear, leak, or slip off Application may disrupt sex



Every student studying at the university has access to information and educational services. For instance, **the Information Resource Center**, and **the Center for Digital Education Technologies** provide a range of such services free of charge.

Additionally, students, as well as anyone eager for knowledge, can access information for free through the **website** of the Uzbekistan State World Languages University (UzSWLU). A special feature has been implemented on the university website for visually impaired individuals, allowing them to access the site and retrieve the information they need.

Mental Health Support Services at Uzbekistan State World Languages University (UzSWLU)



UzSWLU provides a variety of mental health resources tailored to support both students and staff in maintaining well-being and resilience. Here is a detailed overview of these services:

1. Counseling and Psychological Support Center:

At UzSWLU, the Student Counseling and Psychological Support Center offers free, confidential counseling sessions for students. Qualified psychologists are available to assist with academic challenges, social relationships, and personal issues that may arise during the educational journey. The center places a strong emphasis on respecting the privacy of students, ensuring that all consultations remain confidential. Psychologists help students build problem-solving skills, resilience, and coping strategies for stress and anxiety.

2. Faculty-Specific Support and Preventive Care:

Each faculty at UzSWLU has a designated mental health coordinator responsible for providing psychological assistance, guidance, and preventive interventions. These coordinators play a proactive role by organizing weekly group discussions, workshops, and support sessions to address common mental health topics such as stress management, study-life balance, and career planning. The coordinators regularly check in with students to ensure a supportive academic environment.



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Healthcare at UzSWLU

III Multi-Level Mental Health Programs:

- Orientation and Guidance: New students receive orientation on psychological resources, mental wellness, gender equality, and career planning. These sessions aim to provide a foundation for students to thrive both academically and personally.
- Individual Counseling and Intervention Services: The center offers one-on-one counseling sessions, stress assessments, and mental health check-ins for students experiencing high levels of anxiety or personal distress. Tailored support plans are created for those needing additional help, and referrals to specialized services are available when needed.
- Crisis and Case Management: For students and staff dealing with severe mental health concerns, UzSWLU provides crisis intervention and psychiatric referrals. Follow-up case management is available to monitor progress, ensuring continuous support for individuals navigating difficult situations.



"No One Wants to Listen to Me."

On March 16 of this year, a psychological seminar-training was organized under this title, led by the heads of the Women's Advisory Councils of the faculties.

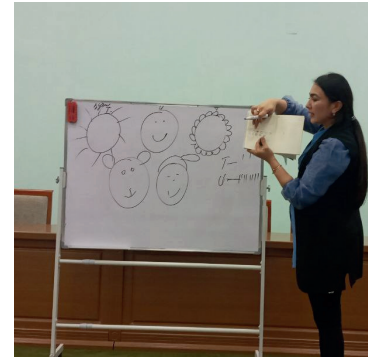
The event featured Nafisa Olgirova, philologist, psychologist, public speaker, and head of An-Nafis Consulting, who answered students' questions and engaged in discussion on topics that interested them.

IV. Regular Training and Wellness Seminars:

The university organizes regular seminars and training workshops, led by mental health professionals and visiting experts, to foster mental health awareness and educate on topics like mindfulness, managing study-related stress, and emotional resilience. Special sessions focus on helping students understand gender equality, develop effective study techniques, and nurture positive social interactions.

V. Digital Mental Health Resources and Online Support:

UzSWLU also offers digital resources and online consultations, especially useful for students who prefer remote support or those engaged in online learning. These digital resources include mental health toolkits, stress management guides, and information on maintaining well-being in challenging academic periods. Through these structured support systems, UzSWLU is committed to building a supportive, mentally healthy academic environment that fosters growth, resilience, and well-being for all students and staff.



A seminar titled "Modesty and Virtue: The True Beauty of Girls" was held.

In the university's main hall, a collaborative seminar-training was organized on themes including "Beauty of a Person - Ethics," "Modesty and Virtue - The Beauty of Girls," "Family as a Sacred Fort," and the negative consequences of early marriage, as well as methods to identify internal and external motivations. This event was led by Z. Bannopova and P. Azimova, heads of the Women's Advisory Councils of the Philology and Eastern Philology faculties, in partnership with university psychologist Z. Khayrullayeva.

First and second-year students and their tutors from the faculties attended this engaging event.

The seminar was held in a vibrant atmosphere. At the end, students were able to ask questions and received insightful answers on topics that interested them.

UzSWLU Smoke-Free Campus Policy

Uzbekistan State World Languages University (UzSWLU) has implemented a comprehensive smoke-free policy that prohibits the use of tobacco products across all indoor and outdoor campus locations. This policy was established to promote a healthy environment for students, staff, and visitors, aligning with national tobacco control regulations.

Evidence of Policy Implementation:

In accordance with Uzbekistan's national tobacco control laws, which mandate smoke-free environments in educational institutions, UzSWLU enforces a strict no-smoking policy throughout its campus. This includes all indoor facilities, outdoor areas, and university-sponsored events. Signage indicating the smoke-free status is prominently displayed across the campus to inform and remind individuals of the policy.

For detailed information on the national tobacco control policies that UzSWLU adheres to, please refer to the Tobacco Control Policy Fact Sheet for Uzbekistan:

[Uzbekistan: Smoke-Free Places](#)

This document outlines the regulations and guidelines that support the university's commitment to maintaining a smoke-free environment.



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