

3 GOOD HEALTH
AND WELL-BEING



**Together for a
healthier world**





Healthy Minds, Thriving Communities

PROMOTING A CULTURE OF HEALTH, WELLNESS, AND RESILIENCE



"We believe that education is not only about knowledge but also about nurturing a healthy, compassionate, and resilient generation," says practicing psychologist, N.N Tukhtaeva, "At TSUULL, we work with our communities to ensure that well-being is both a personal and collective goal."



SDG – 3,4,10,17-At TSUULL, health and well-being are considered foundational pillars of sustainable development and quality education. In alignment with **Sustainable Development Goal 3: Good Health and Well-being**, the university continues to prioritize initiatives that safeguard physical, mental, and emotional wellness for students, staff, and surrounding communities.

In 2024, TSUULL expanded its health-focused education, outreach, and institutional programmes, working closely with **local clinics, NGOs, the Ministry of Health, and the Youth Affairs Agency of Uzbekistan**. Through these collaborations, TSUULL implemented community-based health education, mental wellness initiatives, and preventive healthcare activities designed to promote inclusive, equitable, and sustainable well-being for all.

In 2024, TSUULL enhanced its health education programs by introducing a series of **practical workshops and expert seminars** focusing on critical public health topics such as



SDG - 3, 4, 5, 10, 17

Health Education & Awareness, Health and well-being are systematically embedded into **TSUULL's academic curriculum and extracurricular activities**, ensuring that students not only gain theoretical knowledge but also develop the practical skills needed to lead and advocate for healthy lifestyles. The university regularly conducts interactive health-education campaigns — including “Healthy You, Healthy Future” — which promote hands-on learning through demonstrations, posters, quizzes, and peer-led awareness sessions.



 **HIV/AIDS Prevention & Awareness**

 **Breast Cancer & Reproductive Health Education**

 **Preventive Care & Early Detection**

 **Basic Hygiene & Sanitation**



Health Education Impact:

Delivered 45 health-education workshops reaching over 2,300 students and community members, focusing on nutrition, Hygiene, reproductive health, and preventive practices.

Community Screenings and Outreach:

Organized 4 community health screening events in partnership with local clinics, providing free check-ups, vaccinations, and medical consultations for over 500 residents in low-income districts.

Mental Health & Wellness Week:

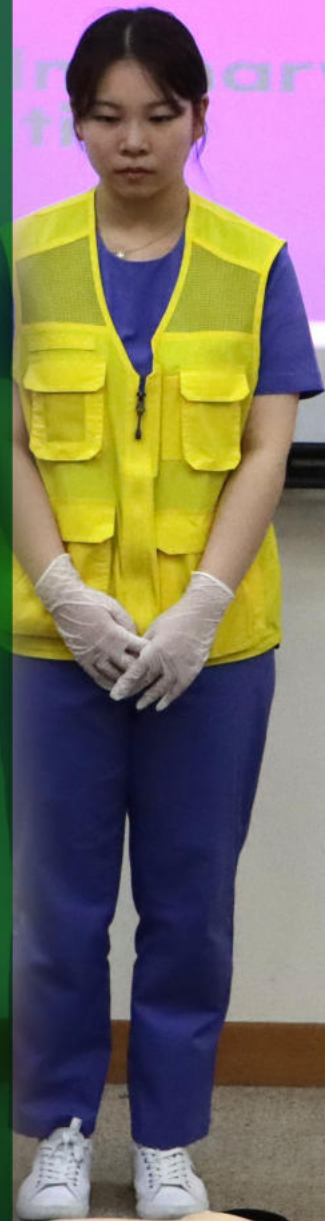
Launched the inaugural "Wellness Week", hosting 10 peer-support sessions and 12 themed workshops, with a reported 38% improvement in participant well-beingpi scores based on post-event surveys.

Research Excellence:

Supported 5 interdisciplinary research projects on topics o such as youth mental health, rural health access, digital health innovation, and health literacy. Two studies were submitted for publication in peer reviewed national journals.

Healthy Campus Charter Implementation:

Introduced healthier canteen menus, weekly physical activity sessions, and active transport incentives, engaging over 1,000 staff and students in university-wide wellness activities.



A major achievement in 2024 was the publication of a groundbreaking scientific article by Associate Professor Botir Elov, Head of the Department of Computer Linguistics and Digital Technologies at TSUULL. His research, titled

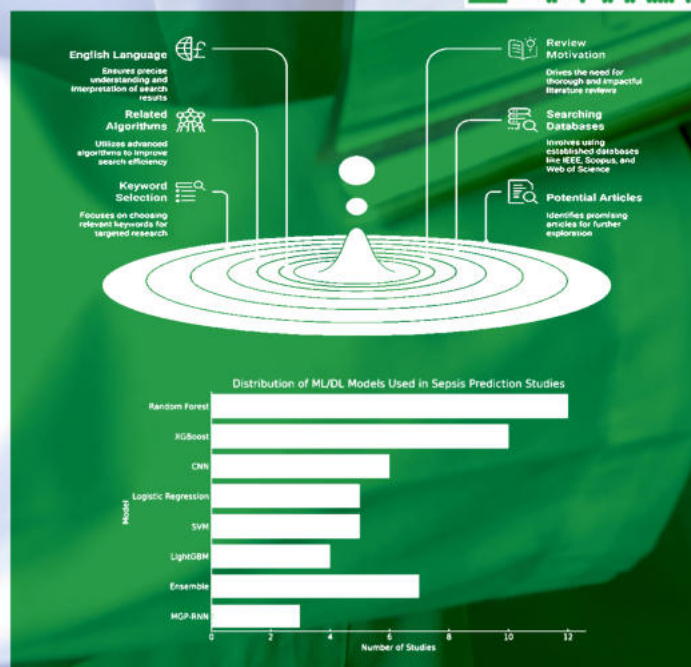
"Revolutionizing Sepsis Diagnosis Using Machine Learning and Deep Learning Models: A Systematic Literature Review," was published in BMC Infectious Diseases, a prestigious Q1-ranked, Scopus-indexed international journal under Springer Nature. This study explores how artificial intelligence and deep learning technologies can transform diagnostic processes in medicine - specifically in the early detection and management of sepsis, a life-threatening condition.

Through a comprehensive review of machine learning models and diagnostic frameworks, the research demonstrates the potential of AI-driven systems to enhance clinical accuracy, reduce diagnosis time, and improve patient outcomes.

This publication not only signifies TSUULL'S expanding presence in the international scientific community but also exemplifies the university's commitment to advancing research that serves humanity. It highlights how linguistic, technological, and educational expertise can converge to contribute meaningfully to public health innovation and sustainable development



Collaborative Efforts Against Sepsis



MENTAL HEALTH & STUDENT WELL-BEING



SDGs - 3,4,9,10,17 Research & Innovation for Health and Well-being

At TSUULL, faculty members and students actively engage in interdisciplinary research addressing public health, mental wellness, and equitable access to healthcare in both urban and rural communities. The university's research ecosystem aligns closely with Sustainable Development Goal 3 (Good Health and Well-being), emphasizing innovation, inclusivity, and cross-sector collaboration.

Youth mental health and psychological resilience

Examining social, linguistic, and digital factors affecting well-being among students and young adults

Rural health equity

Identifying barriers to healthcare access in remote regions and proposing community-based solutions

Digital health literacy

Exploring how technology and education can improve health awareness and service accessibility

Health communication and linguistics

Investigating how language, translation, and culture influence the effectiveness of public health messaging and campaigns

Recognizing the growing importance of mental health in education, TSUULL expanded its psychological support framework by providing confidential counseling, peer mentorship, and stress-relief activities. The “Wellness Week” initiative launched this year featured group therapy, art and music therapy sessions, and relaxation workshops aimed at promoting emotional resilience and social connection



HEALTHY CAMPUS CHARTER



“At TSUULL, we believe that health is not just an outcome — it’s a foundation for lifelong learning and human development,”

Rector, Sh.S Sirojiddinov, TSUULL.

SDGs -3,4,11,12,13 Institutional Practices

TSUULL is steadily developing a *“Healthy Campus Charter,”* a comprehensive framework designed to embed health and well-being into every aspect of university life. This Charter formalizes a range of wellness-oriented policies and practices aimed at fostering a supportive, active, and sustainable campus environment.

Key initiatives include ensuring the availability of nutritious and affordable food options in all campus canteens, enhancing access to sports, fitness, and recreational facilities, and maintaining high standards of air quality, hygiene, and sanitation in learning and living spaces. The university is also promoting active and eco-friendly modes of transport, such as walking and cycling, through improved infrastructure and awareness campaigns.

To strengthen community engagement and participation, TSUULL organizes monthly wellness challenges, faculty and inter-departmental sports days, and health-themed events that encourage students, staff, and faculty members to adopt healthier lifestyles. These ongoing efforts reflect TSUULL’s commitment to creating a campus culture that prioritizes holistic well-being, environmental responsibility, and social connection.

For 2025, TSUULL aims to:

1. Increase health outreach events by 30% and include at least two rural districts.
2. Establish a Digital Wellness Platform to provide remote counseling, educational resources, and 24/7 support services.
3. Expand student-led research on preventive health, with at least five new projects supported through university micro-grants.
4. Fully implement and monitor the Healthy Campus Charter, tracking measurable health and lifestyle indicators annually.

Through its integrated approach combining education, outreach, research, and institutional transformation, TSUULL reaffirms its strong commitment to **SDG 3: Good Health and Well-being.**

By empowering students with health knowledge, supporting communities through outreach and counseling, and advancing interdisciplinary health research, the university contributes to building healthier, more resilient, and more inclusive societies *in Uzbekistan and beyond.*

While 2024 marked a year of notable progress, several challenges remain:

- Expanding outreach to remote and rural areas where healthcare access is limited.
- Sustaining funding for ongoing wellness programs and mental health initiatives.
- Measuring long-term outcomes to evaluate behavioral and lifestyle changes among participants.

