

3 GOOD HEALTH AND WELL-BEING



Ensure healthy
lives and promote
well-being for all
at all ages



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Our healthcare services include access to highly experienced nurses who specialize in pediatric care. These nurses are available to provide valuable advice, answer questions, and address any concerns that parents may have regarding their child's health and well-being. Whether it's a common cold, nutrition advice, or developmental milestones, our nurses are there to offer support and guidance. In a per month **around 450 students or staff members** visit to healthcare center with different health issues.



Nurse

Davronova
Fotima
Norqulovna

Doctor

Shermatova
Nuriniso
Fayozovna

Psychologist

Norova
Nargiza
Ma'murovna



The number of patients who received a treatment in 2023

Illnesses	Level	Academic staff	Students	Female	Male
Headache		57	145	123	79
Toothache		23	45	40	28
Influenza		48	87	105	30
Hypertension		7	8	10	5
Stomach ache		5	14	12	7
Asthma		5	6	9	2

Healthy Campus Initiatives

1. Rector's Cup

Sport competitions under the **Rector's Cup** initiative were held among students. They included volleyball, basketball, mini football, chess and checkers, table tennis and national games that significantly important to enhance health by promoting physical fitness, improving mental well-being, and fostering social connections.



2. Morning Exercises

At the heart of these initiatives lies the age-old wisdom: *“A healthy body, a sound mind.”* Under the expert guidance of our dedicated sports instructor, **R. Alimboyeva**, students and faculty alike are embracing this philosophy through daily morning exercise routines. Held on the university's vibrant grounds, these sessions serve as a powerful boost, fueling participants with the positive energy they need to thrive academically and beyond.

3. Lecture on practicing meditation and mindfulness

Dr. Farrukh Sheikh, a Clinical Hypnotherapist and REIKI Master Certification, London (UK) delivered a public lecture on Practicing Meditation and Mindfulness at TSUULL International Office.

During the lecture, Dr Sheikh took the students on a dynamic exploration of their own mind, giving them a clear and usable understanding of the essence of meditation and how to practice it.



PURSuing HEALTHY MINDSET

We had the Sanitation and Hygiene Initiative aims to encourage cleanliness and good hygiene practices among students. With the aim of prioritizing this initiative every week, we organized Public Talks to promote cleanliness among students, featuring guidance from health experts. We discussed important sanitary practices at university, such as the proper way to wash hands and the importance of using clean dishes. To enhance their understanding of sanitation, we provided students with helpful materials and discussed them together. For example: with help of given information they practice sanitary by themselves because after each talk there was a task to do at home. Each year, around 300 students participate in these talks and learn valuable information about variety topics such as; hygiene, health and education.



This program is aimed at supporting mental development, with qualified psychologist Mrs. Nargiza Norova sharing her knowledge and experience. The program is held twice a week, and students can learn about topics related to psychology and discuss their problems related to depression stress social disorder .After that, a trainer shows instructions how to relieve stress they can do this also at home On top of that, they have a chance to learn about subjects like stress management, self-motivation, developing personal relationships, and increasing emotional awareness. These training sessions help students to succeed not only in their studies but also in life. The program also includes practical exercises, like a morning session called "A Thousand Reasons to Live."