



**SAMARKAND STATE UNIVERSITY NAMED AFTER SHAROF RASHIDOV
(SAMDU)**

**SUSTAINABLE DEVELOPMENT GOAL 03
(SDG 3)**



SDG 3 focuses on important targets that improve the general health of a nation's people in order to minimize needless suffering from preventable diseases and untimely mortality. Priority locations include those with the highest illness burden and underserved population segments. Health and Well-being of people is the utmost priority of Samarkand State University as well as the Republic of Uzbekistan.

In order to prevent people from needless sufferings, Samarkand State University has empaneled doctors, psychologists, and nursing staff to take care of students, staff, and other stakeholders of the university. Here at the university, we provide counseling, general medication, and first aid. If any of our students and staff members need intensive medical care. In such a situation, our students, staff coordinators, and dormitory heads immediately call for help from the higher medical centers. Samarkand State University is not only responsible for providing help during emergencies but also responsible for the better health of our staff and students by providing them with nutritious diets.

Metrics

3.3.1 - Does your university as a body have current collaborations with local, national or global health institutions to improve health & wellbeing outcomes?

Samarkand State University has collaborations with local and national health facilities, available in the city and national territory. Under these collaborations, our all hostels and offices were informed to act in emergency situations. All medical facilities are available to our staff and students under the law of Uzbekistan.



Basic medical facilities are provided at the university campus.

3.3.2 - Does your university as a body deliver outreach programmes and projects in the local community (which can include student volunteering programmes) to improve or promote health & wellbeing including hygiene, nutrition, family planning, sports, exercise, aging well, and other health and wellbeing related topics?

Samarkand State University organized more than 10 events in different faculties and departments to address health and hygiene, nutrition, family planning, sports, aging well, and other issues. Therefore, we are discussing here few of them.



A family planning seminar was organized at the faculty of philology. During this seminar, speakers discussed the family issues pertaining to women and their dignified life, not only at home but also at the workplace. Professor Sharofat Bektashovna (Advisor of Rector, Women Issues) has raised



the issue of planning and its significance for a woman. She raised many other issues about women's hygiene and well-being. Teachers and students of the faculty participated in huge numbers and discussed their problems and possible solutions.

In an another event, the members of women's council of Samarkand State University visited at the faculty of geography and ecology to discuss the core issues related to well-being and hygiene at the faculty. During this roundtable discussion, many female students have participated and



discussed their issues. Students raised their voices about hygiene at washrooms and advised that it should be on priority. In the end, they (the Council and faculty members along with students) have come to the conclusion that more priority will be given to hygiene.

Samarkand State University and its allied departments organized more than 20 sports events in 2022. During these events, different universities have participated in race-ling and our university's players won the medal. In order to root sports deeply in our lives, Samarkand State University's Female Volleyball team went to participate outside of Samarkand and won many medals. It indicates that the Samarkand State University is a comprehensive university. Therefore, we focus on all spheres of education and development.

3.3.3 - Does your university as a body share sports facilities with the local community, for instance with local schools or with the general public?

In an effort to raise awareness among local schoolchildren about the importance and health benefits of athletics, Samarkand State University provides sports facilities and expertise to them. The university offers a variety of indoor and outdoor sports facilities where faculty, staff, and students train to stay in shape. Trainers oversee the management of these facilities.

We also organize many interuniversity and interschool sports events at the university to encourage children to be healthy and strong.



3.3.4 - Does your university as a body provide students access to sexual and reproductive health-care services including information and education services?



Samarkand State University has traditionally placed a high premium on taking care of the health of women. As a university, we think that a healthy generation can only exist in theory without healthy women and girls. Promoting physical culture and sports among girls is a really helpful way to help them reach better health.

The journey is long. On the other hand, Samarkand State University is encouraging women in athletics and the real world. In order to address female issues including sex education and reproductive issues, we are hiring more female physical trainers. It is imperative to create a hassle-free space where people can discuss their problems.

3.3.5 - Does your university as a body provide students and staff with access to mental health support?

The distinctive and healthful work environment that Samarkand State University offers to all of its staff members and students is well-known. Nonetheless, in order to offer its staff and students mental health support. The university's psychology faculty conducts top-notch research on human health and related topics.

Mr. Elmurodov Otabek Komilogli was named chief psychologist at Samarkand State University in order to improve mental wellness. Every working day, he is at work from 8:00 am to 5:00 pm. In order to help disabled pupils reach their full potential, he also works with them.

Mr. Elmurodov is in charge of making pharmaceutical recommendations, writing reports, and making early problem diagnoses. He occasionally advises patients to visit hospitals with superior facilities for additional testing.

"TASDIQLAYMAN"
Sharof Rashidov nomidagi
Samarqand davlat universiteti
rektor: prof. R.I. Xalmurodov
2022 y

Sharof Rashidov nomidagi Samarqand davlat universiteti psixologining 2022-2023-o'quv yiliga mo'ljallangan
ISH REJASI

No	Bajariladigan ish mazmuni	Ijro mexanizmi	Ijro muddati	Mas'ullar
I. TASHKILIY ISHLAR MAZMUNI				
1.	Universitetga qabul qilingan talabalarga universitet psixologining ijtimoiy-psixologik faoliyati va psixologik xizmat turlari haqida ma'lumot berish, universitetga qabul qilingan 1-bosqich talabalari bilan yaqindan tanishish.	Davra suhbatlari, seminar treninglar tashkil etish	Sentabr oyida	Universitet psixologi, tyutorlar
2.	Fakultetlarda, barcha kafedralarda, universitet psixologining vazifalari, amalga oshiradigan chora-tadbirlari, ijtimoiy, individual, psixologik yordam ko'rsatish imkoniyatlari haqida targ'ibot ishlarini amalga oshirish.	Davra suhbatlari, seminar treninglar tashkil etish	Sentabr-Oktabr oylarida	Yoshlar masalalari va ma'naviy-ma'rifiy ishlar bo'yicha prorektoriga birinchi prorektor, Universitet psixologi
3.	Universitet rahbariyati hamda psixolog ishtirokida tyutorlar uchun psixologik mahorat darslari va teyingerlar	Trening mashg'ulotlari	Har chorakda	Yoshlar masalalari va ma'naviy-ma'rifiy

3.3.6 - Does your university as a body have a "smoke-free" policy?

Samarkand State University is a “Smoking Free Zone”.

{End}