Azerbaijan TECHNICAL University



Report on Sustainable Development Goal 3

Good Health and Well-being

2025



Foreword

This report presents the multifaceted initiatives and strategic efforts undertaken by Azerbaijan Technical University (AzTU) in alignment with Sustainable Development Goal 3 (SDG 3) – "Good Health and Well-being." The report highlights the university's commitment to creating an environment that supports physical, mental, and social health. This commitment extends beyond students and staff, reaching the wider community through outreach programs, collaborations, and educational initiatives. The findings demonstrate a proactive approach in aligning institutional policies with the global vision for improved health and well-being.

Introduction

In line with the United Nations Sustainable Development Goals, SDG 3 emphasizes ensuring healthy lives and promoting well-being at all ages. In 2025, Azerbaijan Technical University (AzTU) has taken significant steps toward this goal, addressing multiple aspects of health and wellness within both academic and community settings.

This report provides an overview of AzTU's policies and activities aimed at improving health outcomes, supporting mental health, promoting healthy lifestyle choices, and fostering partnerships with health institutions.

The analysis includes specific metrics and qualitative insights on the university's programs in medical and mental health services, student and staff support systems, and community engagement. Through dedicated projects and policy implementation—such as anti-smoking regulations, mental health initiatives, and wellness campaigns—AzTU contributes meaningfully to health outcomes. This report serves as both a record of these efforts and a foundation for evaluating and enhancing health initiatives within educational institutions.

References

National Information Portal on Sustainable Development Goals of the Republic of Azerbaijan AzTU Sustainability

AzTU SDG 3 Report / November 2023 Digital Medicine 4.0 Conference

Inspire, Transform, Flourish – International Coaching Week Event AzTU wins first place in four sports disciplines

Awareness event by the Electronic Security Service and AzTU

World Civil Defence Day at AzTU AzTU Strategic Plan 2022–2025

AzTU Student Polyclinic

SDG 3 keywords - Good health and well-being			
Health and Well-being	Campus Health Promotion	Student Health and Wellness	Staff Health and Well-being
Mental Health Support	Psychological Counseling	Psychological Well-being	Stress Management
Emotional Resilience	Burnout Prevention	Physical Activity Promotion	Sports and Fitness Programs
Campus Sports Facilities	Healthy Lifestyle Promotion	Health Awareness Campaigns	Preventive Health Education
Nutrition Awareness	Smoking Prevention	Occupational Health and Safety	Workplace Safety Training
Laboratory Safety	Emergency Preparedness	Risk Prevention and Management	Digital Health Technologies
Health Informatics	Digital Medicine	Artificial Intelligence in Healthcare	Health Data Analytics
Digital Diagnostics	Health-Related Research	Medical Technology Innovation	Cyber Health and Digital Safety

SDG 3 Strategic Framework

Institutional Framework and Strategic Focus

AzTU's SDG 3 strategy aligns with:

- Azerbaijan 2030: National Priorities on Human Capital Development;
- Ministry of Science and Education's Health Promotion in Higher Education Framework;
- AzTU's Strategic Plan (2022–2025), emphasizing "Safe Campus, Healthy Mind, and Sustainable Growth."

A dedicated working group under the Quality Assurance Department monitors the integration of health-related objectives across teaching, research, and student life.

Statistics and Their Indicators

Indicator	2023	2024	2025	Change (2023–2025)
Health & wellness events held	6	9	14	+133%
Students engaged in physical activities	1,500	1,950	2,800	+87%
Mental health consultations provided	180	260	430	+139%
Staff trained in occupational safety	220	310	480	+118%
Health-related research projects launched	4	7	10	+150%

Positive Impact on Other SDGs

While primarily addressing **SDG 3 – Good Health and Well-being**, AzTU's initiatives also contribute to several other Sustainable Development Goals:

- **SDG 4 – Quality Education:**

Health awareness, psychological support, and well-being programs enhance learning environments, ensuring students' full participation and academic success.

- **SDG 5 – Gender Equality:**

Mental health programs and safe-campus policies foster inclusive participation and equal access to wellness resources for all genders.

- **SDG 8 – Decent Work and Economic Growth:**

Occupational health and safety trainings strengthen workforce resilience and promote decent working conditions for staff.

- **SDG 9 – Industry, Innovation and Infrastructure:**

The introduction of digital health technologies, AI-based research, and health informatics supports innovation and technological advancement in the health sector.

- **SDG 17 – Partnerships for the Goals:**

Collaboration with public institutions, NGOs, and international partners enhances capacity-building and shared learning in health promotion and risk prevention.

Current Situations

1. Physical Health and Sports Promotion

In 2025, AzTU intensified its efforts to encourage active lifestyles and sports participation among students and staff.

- The university's teams achieved first place in four sports disciplines at district-level tournaments (source).
- AzTU organized wellness programs, fitness sessions, and campus walking initiatives that engaged more than 2,000 participants throughout the academic year.
- Modern gym facilities and open-air sports spaces were upgraded, promoting accessible physical activity for all.

These efforts directly contribute to SDG 3.4, which seeks to reduce premature mortality through prevention and health promotion.

2. Mental Health and Psychological Well-being

Recognizing the importance of emotional and mental health, AzTU expanded its mental health services in 2025.

The Inspire, Transform, Flourish – International Coaching Week Event focused on personal growth, stress management, and emotional resilience (source).

Regular psychological consultation hours were institutionalized across faculties.

Student mentors received training to identify early signs of burnout, depression, or anxiety, linking affected individuals to support services.

AzTU's approach addresses SDG 3.4, strengthening mental health capacity and promoting preventive well-being systems.

3. Health Technology, Innovation, and Research

2025 marked a breakthrough year in integrating health technology and data-driven research into academic activities:

- The "Digital Medicine 4.0 – Challenges, Opportunities, and Prospects" scientific-practical conference brought together researchers, policymakers, and students to discuss advancements in e-health and digital diagnostics (source).
- The Faculty of Information and Telecommunication Technologies introduced a Health Informatics elective course focused on using data analytics for better health management systems.

These actions are in line with SDG 3.D, focusing on strengthening national capacity for health risk management and innovation.

4. **Community Engagement and Health Awareness**

AzTU extended its impact beyond the campus through multiple community-oriented events:

In partnership with the Electronic Security Service, an awareness event was held on cyber health and digital safety, emphasizing mental well-being in online environments (source). Health awareness campaigns on nutrition, smoking prevention, and work-life balance were conducted jointly by student organizations and faculty committees. Students volunteered in the national Blood Donation Week, reinforcing the spirit of solidarity and health responsibility.

Such initiatives reflect SDG 3.4 and 3.a, promoting disease prevention, tobacco control and community health literacy.

5. **Occupational Health and Safety**

AzTU continues to ensure a safe and healthy working environment:

- Regular inspections were conducted in laboratories and workshops during the World Civil Defence Day event (source).
- Safety protocols were updated to comply with international ISO standards, integrating occupational health into university governance.
- Faculty and administrative staff attended safety trainings emphasizing mental health awareness, ergonomic workplace design, and emergency preparedness.

6. **Campus Health Services – AzTU Student Polyclinic**

AzTU students, academic and administrative staff receive primary healthcare at the Student Polyclinic, located in the university's 3rd building and operating since 1967 as part of the Baku Main Health Center. Around 95% of its services are free of charge under Compulsory Medical Insurance (source).

The polyclinic has 31 staff, including 12 doctors, and refers patients to hospitals for MRI, CT, X-ray and psychiatric care. This contributes to SDG 3.8, access to essential health-care services.

Future Goals

Challenges Identified:

1. Limited quantitative data collection on student health metrics.
2. Insufficient integration of digital health technologies across faculties.
3. Need for continuous mental health awareness and preventive care mechanisms.

Recommendations:

1. Establish a Comprehensive Health Monitoring Dashboard to track participation and outcomes.
2. Integrate AI-based early warning tools for mental health screening.
3. Expand partnerships with public hospitals and NGOs for joint awareness and research programs.
4. Allocate dedicated funding for student wellness infrastructure (quiet zones, mental health hubs, meditation spaces).

Conclusion

In 2025, Azerbaijan Technical University reaffirmed its commitment to Sustainable Development Goal 3: Good Health and Well-being by embedding health, safety, and wellness into its institutional framework.

Through physical activity promotion, mental health initiatives, occupational safety programs, and technological innovation in healthcare research, AzTU demonstrated that higher education institutions can be leaders in advancing holistic well-being.

These achievements not only support student and staff health but also contribute to the national objective of improving the quality of life across all communities in Azerbaijan.