



3 GOOD HEALTH AND WELL-BEING

Report on Sustainable Development Goal 3

Good Health and Well-being

2025

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AND WELL-BEING



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.” Through a structured series of questions and responses, 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](#)

[Workshop on AI in Precision Agriculture](#)

[World Civil Defence Day at AzTU](#)

[AzTU Strategic Plan 2022–2025](#)

SDG 3 keywords - Good health and well-being

Access to clean water and sanitation	Dental	Increasing life expectancy	Preventable deaths	Treatment of substance abuse
Affordable medicines	Disability and family support	Indigenous	Polio	Tuberculosis
AIDS	Disability and inclusion	Infected	Premature mortality	Universal health coverage
Air contamination	Disability and politics of location	International health regulations	Reducing malaria	Universal health
Air pollution	Diseases	International health policy	Reducing mortality	Violence
Alcohol abuse	Family planning	Malaria	Reproductive health	Vaccines in developing countries
Antenatal care	Health	Maternal mortality	Road traffic accidents	Waterborne disease
Antiretroviral	Health in resource constrained settings	Measles	Refugees and health services	WASH
Antiretroviral therapy	Health worker density	Medical	Soil pollution	Wellbeing
Biomedical	Healthy	Mental health	Soil contamination	Water, Sanitation and Hygiene for All
Bodily autonomy	Healthy lives	Mortality	Sexual and reproductive health - care	Death rate
Child deaths	Hepatitis	Mortality rat	Sexual health	Improving mortality

SDG 3 Targets

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 SDG Coordination Office and Quality Assurance & Audit 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

- **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.

- **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 3.5 and 3.C, strengthening mental health capacity and promoting preventive well-being systems.

- **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).
- Collaborative projects on AI in Precision Agriculture and biomedical engineering explored the intersection of technology, nutrition, and public health (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.

- **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 3.9 and 3.8, promoting universal access to preventive health services and improving community health literacy.

- **Occupational Health and Safety**

AzTU continues to ensure a safe and healthy working environment:

- Regular inspections were conducted in laboratories and workshops under the Civil Defence and Safety Week initiative (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.

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.