



# Sustainable Development Goals (SDGs) of Samarkand State Institute of Foreign Languages (SamSIFL)



**3** GOOD HEALTH  
AND WELL-BEING

**SDG 3: GOOD HEALTH  
AND WELL-BEING**





# ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES

## NOTABLE STRIDES HAVE BEEN MADE TOWARDS IMPROVING GLOBAL HEALTH OUTCOMES



**146 OUT OF 200** COUNTRIES OR AREAS HAVE ALREADY MET OR ARE ON TRACK TO MEET THE UNDER-5 MORTALITY TARGET



EFFECTIVE HIV TREATMENT HAS CUT GLOBAL AIDS-RELATED DEATHS BY **52% SINCE 2010**



AT LEAST ONE NEGLECTED TROPICAL DISEASE HAS BEEN ELIMINATED IN **47 COUNTRIES**

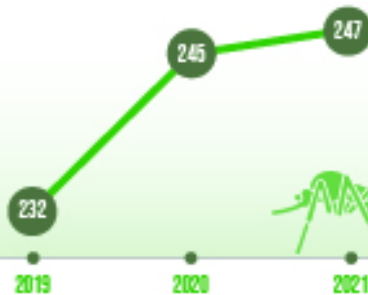


**25 MILLION CHILDREN** MISSED OUT ON IMPORTANT ROUTINE IMMUNIZATIONS IN 2021

**6 MILLION MORE** THAN IN 2019

## MALARIA CASES HAVE SURGED WORLDWIDE

MALARIA CASES (MILLIONS)



## OUT-OF-POCKET PAYMENTS

FOR HEALTH PUSHED OR FURTHER PUSHED



**MILLION PEOPLE**  
(4.9% OF POPULATION)

**INTO EXTREME POVERTY**

## A WOMAN DIES EVERY TWO MINUTES

FROM PREVENTABLE CAUSES RELATED TO PREGNANCY AND CHILDBIRTH

(2020)



# SDG 3 GOOD HEALTH AND WELL-BEING

## Provision of Emergency Healthcare Services and Health Promotion Initiatives at Samarkand State Institute of Foreign Languages

Samarkand State Institute of Foreign Languages Medical Center plays a pivotal role in delivering emergency healthcare services to a diverse demographic encompassing institute constituents, including students, faculty, visitors, and individuals residing in the vicinity. This facility is well-equipped to ensure the delivery of essential healthcare, and it promptly refers cases necessitating specialized medical attention, such as complex injuries, acute illnesses, or contagious diseases among students.

The medical center actively engages in preventive healthcare endeavors, conducting informative sessions designed to enhance general well-being and educate students and staff about preventative health measures. Additionally, it remains diligent in upholding and monitoring sanitary standards within the institute's premises, thereby contributing to the maintenance of a healthy and safe campus environment.

Staffed by a skilled physician and a qualified nurse, the medical center provides its services to visitors without any associated charges. In instances of severe medical conditions, patients are directed to the comprehensive medical facility located in the nearby Student Town. Moreover, the medical center issues certificates of illness to individuals who are unable to attend educational activities due to health-related impediments.

Furthermore, it is noteworthy that within close proximity to the Samarkand State Institute of Foreign Languages, approximately 1 kilometer away, a local government polyclinic offers free healthcare services to both institute staff and students, extending the range of accessible healthcare options.

Additionally, the institute's campus features specialized medical service points staffed by nurses, enhancing the availability of medical assistance within the institute's premises. This multi-tiered approach to healthcare underscores the commitment of the institution to promote the well-being and health of its academic community.



3 GOOD HEALTH AND WELL-BEING



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

**Promoting Staff Health and Well-being at Samarkand State Institute of Foreign Languages**



SamSIFL is unwavering in its commitment to safeguarding the health and well-being of its dedicated staff. As a testament to this commitment, the institute extends a range of healthcare-related benefits to its permanent staff members. These benefits encompass a free employee assistance program, providing staff with access to licensed mental health professionals for addressing personal or work-related concerns. Additionally, the institute offers complimentary annual flu vaccinations, discounted health insurance, and reduced-cost optometry check-ups.

Furthermore, SamSIFL not only maintains a medical room but also offers access to consultations with psychologists through the institute's website. These resources are available to assist staff members in addressing various psychological challenges they may encounter.

[https://www.youtube.com/watch?v=M8Ur\\_PdNU3k](https://www.youtube.com/watch?v=M8Ur_PdNU3k)

3 GOOD HEALTH AND WELL-BEING



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

## Promoting Staff Health and Well-being at Samarkand State Institute of Foreign Languages



### Fostering Women's Health and Maternity Care

In recognition of the unique healthcare needs of women, SamSIFL provides a dedicated feminine hygiene and maternity care room. This facility is equipped to meet the diverse needs of women and girls, including the care of children requiring assistance. Health care workers within the institute offer guidance and support to the children of employees and students, further exemplifying the institute's holistic approach to health.

### Prioritizing Mental Health and Well-being

SamSIFL places significant emphasis on enhancing well-being through educational initiatives, teaching, and support services. Mental health is increasingly regarded as an integral component of overall healthcare. The institute acknowledges the importance of equipping students with the knowledge and skills necessary to contribute to global mental health objectives. As part of this commitment, SamSIFL has developed a well-being map, identifying locations on campus where individuals can access support, engage in physical activities, socialize, take respite, and find nourishing food options. Additionally, the institute hosts an annual Wellbeing Week, featuring a series of events and activities for both staff and students, aimed at relaxation, socialization, and the enhancement of physical and mental health.



### Institute Gym Facilities

The institute takes proactive measures to support physical fitness among its community members. SamSIFL boasts an institute gym equipped with a fitness suite, free weights gym, studios, sports hall, and access to volleyball and basketball courts. This facility caters to various indoor activities, promoting physical health and well-being. Students actively participate in sports and physical activities, contributing to the enhancement of national fitness levels and the prevention of diseases. Sports and physical activity play a pivotal role in advancing health-related Sustainable Development Goals (SDGs) and align with the "Healthy Uzbekistan" 2030 goal. Samarkand State Institute of Foreign Languages has established a conducive environment for both professors and students to engage in sports activities, fostering a culture of sports health assurance. The institute houses three mini football fields and two sports halls. Regular mini football competitions, such as the Rector's Cup, Dean's Cup, and Faculty Cup, are organized more than five times a year, involving nine faculties in spirited competition. Prizes are awarded to the top three faculties.



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### Promotion of Sports and Athletic Endeavors

Samarkand State Institute of Foreign Languages consistently organizes competitions in a range of sports, including football, volleyball, basketball, handball, ping pong, chess, shashka, dominos, wrestling, judo, and athletics. These events promote physical activity, camaraderie, and a healthy lifestyle among the institute's community.

### Collaborations with Health Institutions

In addition to its international collaborations with foreign universities and prestigious educational organizations, Samarkand State Institute of Foreign Languages maintains active partnerships with medical institutions within the region and the republic. Notably, the institute recently hosted representatives from the esteemed German medical company, OPASCA, on August 25th. During this meeting, a constructive exchange of ideas and proposals concerning cooperation in the fields of science and education took place. Subsequently, a formal cooperation agreement was signed, signifying the institute's commitment to advancing healthcare initiatives through strategic collaborations.

