

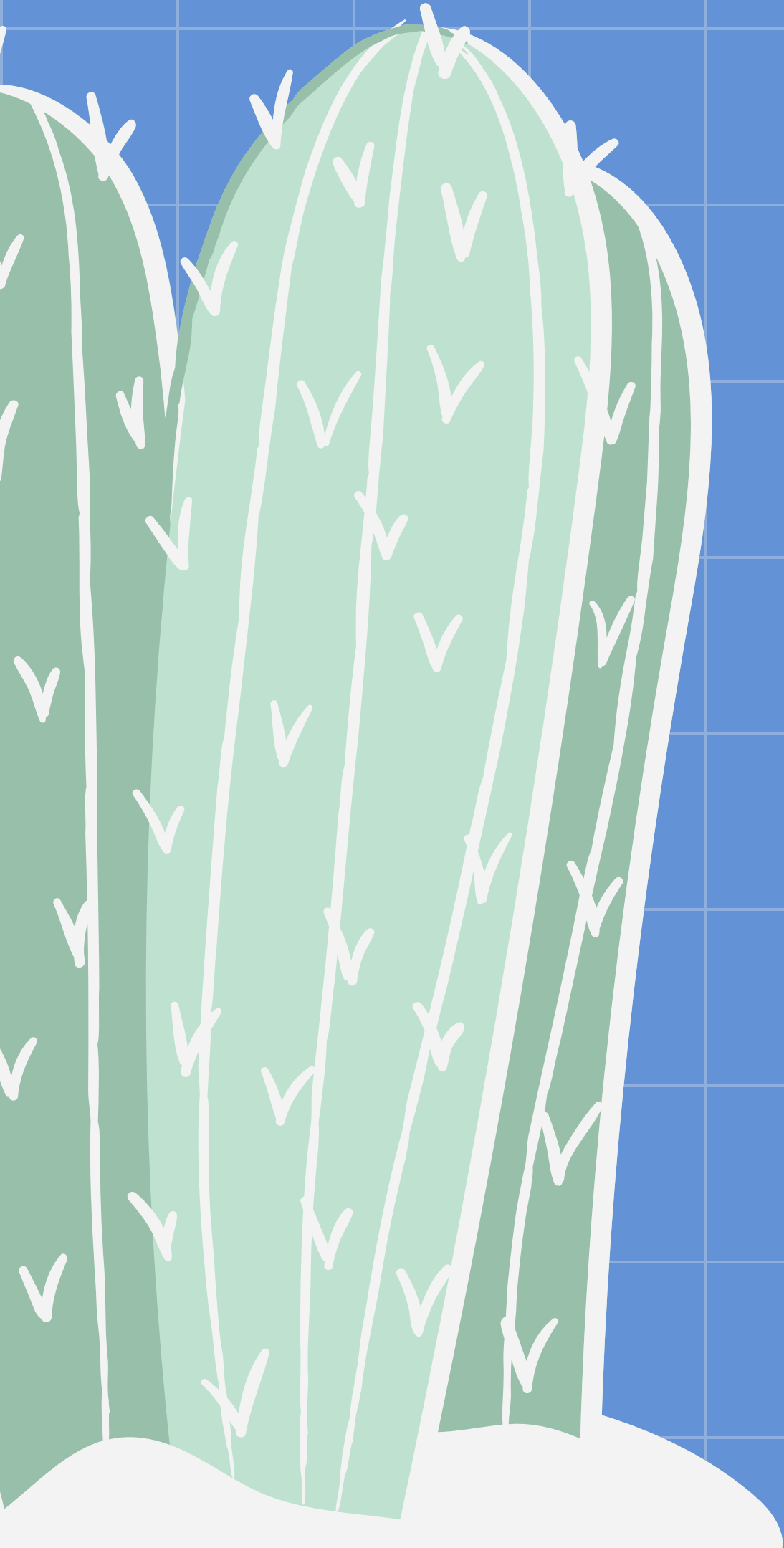


ANNUAL PROGRESS REPORT ON THE GOALS AND TARGETS WE COMMITTED 2024-2025



Sustainable
development goals





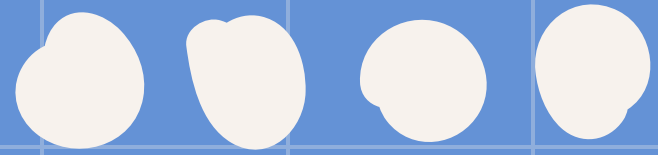
Navoi State University (NSU) is committed to contributing to the achievement of SDGs through various research, educational, and community based initiatives. The university actively publishes its progress on this goal through annual reports, research publications, and specific projects aimed at poverty reduction

SDG 3 aims to ensure healthy lives and promote well-being for people of all ages. It focuses on reducing diseases, improving healthcare services, and promoting a healthy lifestyle. The goal emphasizes not only physical health but also mental and social well-being as essential parts of sustainable development. Efforts under SDG 3 include expanding access to quality medical care, encouraging sports and physical activity, raising awareness about hygiene and mental health, and creating a safe and supportive environment for all.

By fostering healthy communities, SDG 3 helps build a more productive, happy, and sustainable society. 🌱

3 GOOD HEALTH AND WELL-BEING





Within the framework of the “**Five Initiatives Olympiad**,” sports competitions have begun.

Mass sports tournaments held among higher education institution students aim to promote a healthy lifestyle, encourage physical activity, and strengthen team spirit and unity among youth.

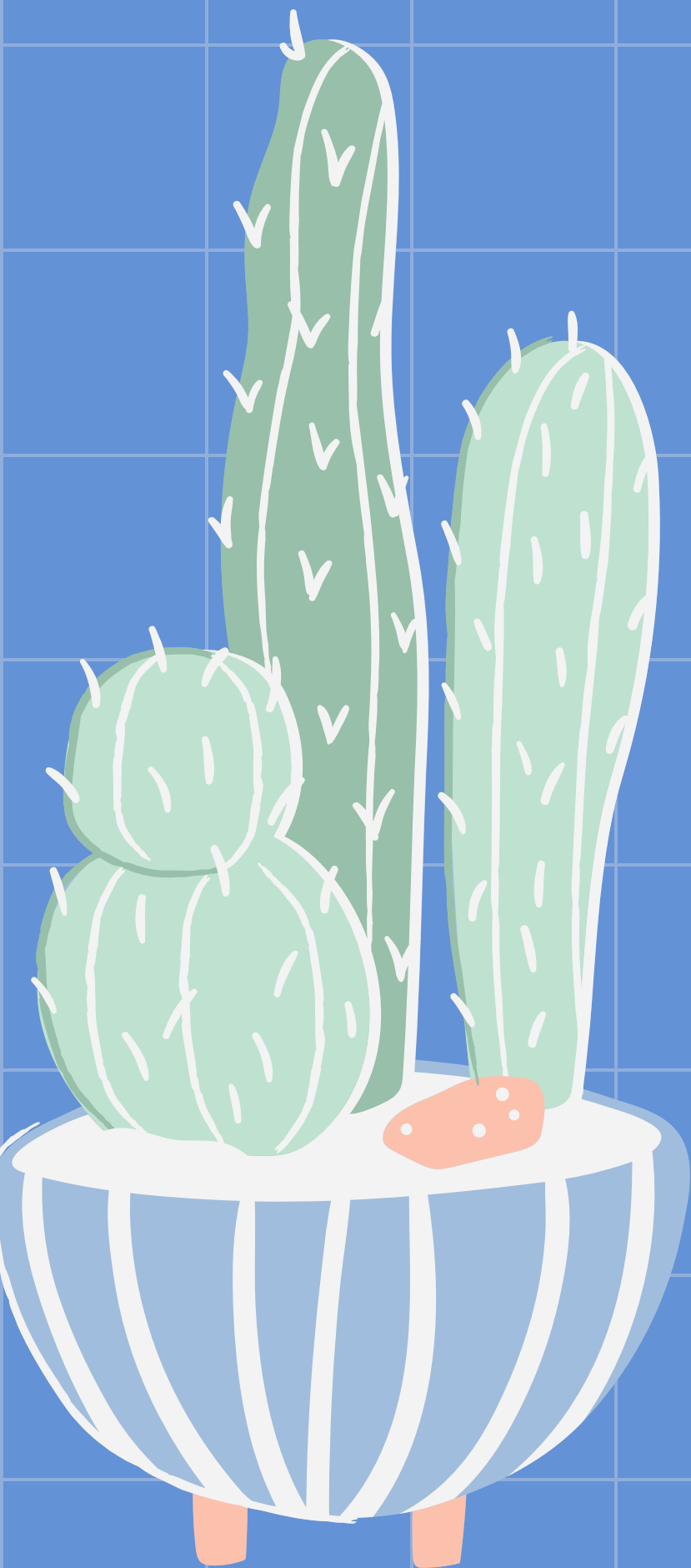
The competitions are organized in four stages, covering sports such as mini-football, table tennis, volleyball, athletics, and streetball. In the first stage, students actively participated in relay games, demonstrating team spirit and a healthy atmosphere of competition. 🏃♀️⚽



“Healthy Lifestyle – A Symbol of Right Living”

In order to enhance the spiritual and physical potential of students studying in the “Uzbek Language and Literature” program at the Faculty of Languages, and to encourage them to adopt a healthy way of life, a roundtable discussion titled “Healthy Lifestyle – A Symbol of Right Living” was organized at Navoi State University.

During the event, specialists discussed the positive impact of physical exercise on mental health, the importance of avoiding harmful habits, and ways to overcome stress and negative situations. In addition, attention was drawn to key aspects of a healthy lifestyle, such as following a daily routine, proper time management, healthy nutrition, moral purity, and adherence to cultural and ethical norms.





3 GOOD HEALTH AND WELL-BEING



Experienced teachers and mentors serve as a true school of life for the younger generation!

- Today, a spiritual and educational event titled “Meeting of Three Generations” was held at the Navoi branch of the Republican Scientific Center for Emergency Medical Care (RSHTYOIM).
- The event was organized with the participation of students from the Faculty of Medicine of Navoi State Pedagogical Institute. Among the speakers were G.A. Aslanov — a senior mentor of the institute, B.Z. Jalolov — Director of the RSHTYOIM Navoi branch, and M.Yu. Khodjayev — Deputy Director for the Organization of Emergency Medical Care.
- During the meeting, the honored guests shared their life experiences, the challenges they faced throughout their careers, and their contributions to the development of the field. They emphasized the importance of setting clear goals, planning for the future, and overcoming difficulties through knowledge, competence, and determination — serving as a real-life example for the young generation.



According to the agreement, it is planned to organize medical practice and internships for students of the Faculty of Medicine, conduct joint scientific research, and carry out other collaborative activities between the two institutions.

A cooperation agreement was signed between Navoi State Pedagogical Institute and the Navoi Regional Branch of the Republican Scientific Center for Emergency Medical Care.

In order to implement the Decrees of the President of the Republic of Uzbekistan — No. 5590 dated December 7, 2018 (<https://lex.uz/docs/4096197>) and No. 6112 dated November 17, 2020 (<https://lex.uz/docs/5106550>) — today, Professor B. Sobirov, Rector of Navoi State Pedagogical Institute, and B. Jalilov, Candidate of Medical Sciences and Director of the Navoi Regional Branch of the Republican Scientific Center for Emergency Medical Care, signed a memorandum of cooperation.





A football tournament was organized at the Faculty of History of Navoi State University with the aim of promoting a **healthy lifestyle**, **increasing physical activity** among students, and ensuring their meaningful leisure time.

The event was initiated by I. Quljonov, Deputy Dean for Youth Affairs, and Sh. Bobonazor, the Faculty Youth Coordinator, with the active participation of students. University Youth Leader A. Zokirov officially opened the tournament, wishing success to all the teams. The competition fostered team spirit, strengthened students' health, and contributed to creating a vibrant and active campus environment.



Such initiatives play a vital role in promoting the principles of **good health and well-being** among students. By encouraging regular physical activity and teamwork, the university contributes to building a **healthy, energetic, and socially active generation**.



The goal of it is to ensure healthy lives and promote well-being for people of all ages. A healthy society is the foundation of sustainable development, where promoting a healthy lifestyle, expanding access to quality healthcare, and strengthening mental health play a crucial role.

At Navoi State University, systematic efforts are being made in this direction. Various initiatives and events are organized to increase students' physical activity, encourage healthy eating, prevent harmful habits, manage stress, and promote spiritual and mental well-being. These activities contribute to achieving **Good Health and Well-Being** by fostering a healthy, active, and responsible young generation.



Conclusion

Health is a lifelong commitment.

Adopting a healthy lifestyle benefits individuals and society.

Everyone has a role in promoting health and wellness.

Through its ongoing initiatives, Navoi State University demonstrates a strong commitment to promoting good health and well-being among students and staff. By encouraging physical activity, mental wellness, and healthy lifestyle choices, the university contributes to the realization of **Good Health and Well-Being** and plays an important role in building a healthier and more sustainable society.

