



# Report on Sustainable Development Goal 3

**3** GOOD HEALTH  
AND WELL-BEING



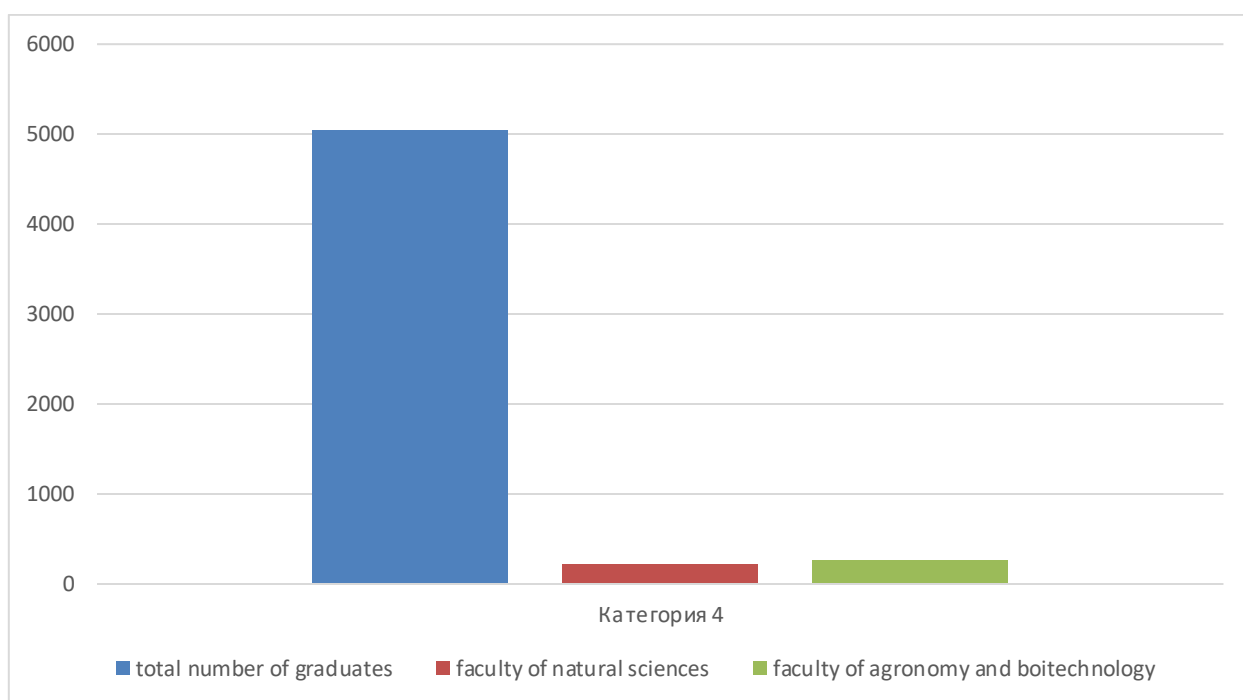
Bukhara 2023

<b>Indicator ID</b>	<b>Indicator name</b>	<b>Indicator weight (of its SDG)</b>	<b>Data source</b>	<b>Indicator component long name [for <i>Impact Ranking Dashboard</i> product reference]</b>
3.1.1	Good health and well-being: paper views	0,1	bibliometric	Good health and well-being: views and downloads
				Good health and well-being: publications
				Good health and well-being: views and downloads per publication
3.1.2	Clinical citations	0,1	bibliometric	Clinical citations
3.1.3	Good health and well-being: publications	0,07	bibliometric	Good health and well-being: publications
3.2.1	Proportion of graduates in health professions	0,346	portal	Number of graduates
				Number of graduates in health professions
				Percentage of graduates from Health
3.3.1	Current collaborations with health institutions	0,07	evidence	current collaborations with health institutions
3.3.2	Health outreach programmes	0,07	evidence	health outreach programmes
3.3.3	Shared sports facilities	0,024	evidence	shared sports facilities
3.3.4	Free sexual health care for students	0,07	evidence	free sexual health care for students
3.3.5	Mental health support	0,07	evidence	mental health support
3.3.6	Smoke-free policy	0,08	evidence	smoke free policy

### 3.2.1 Proportion of graduates in health professions

A total of 5042 students graduated from Bukhara State University in 2022, this represents 2.5 times increase over the previous year. Of these, 213 students graduated from the "Faculty of Natural Sciences with a bachelor's degree in health care in the field of chemical education. 262 students of the Faculty of Agronomy and Biotechnology have graduated with a bachelor's degree and 16 with a master's degree. The subjects taught in these directions are listed in the table below, and on this basis, students acquired knowledge of health care.

#### PROPORTION OF STUDENTS GRADUATES IN HEALTH PROFESSIONS



#### The following subjects are taught in the fields of chemical education

№	Course of Study	Science code	Subject name
1	Chemistry	NK1218	Inorganic chemistry
2	Chemistry	KT1104	History of chemistry
3	Chemistry	KKM1202	Quantum chemistry and quantum mechanics
4	Chemistry	MT1506	Material structure
5	Chemistry	AK1418	Analytical chemistry

6	Chemistry	OK1518	Organic chemistry
7	Chemistry	FK1418	Physical chemistry
8	Chemistry	YMBK1710	Chemistry of higher molecular compounds
9	Chemistry	KK1604	Colloid chemistry
10	Chemistry	KO'M1602	Methodology of teaching chemistry
11	Chemistry	KBK1704	Chemistry of complex compounds
12	Chemistry	KKM1204	Computer modeling in chemistry
13	Chemistry	BK1706	Biorganic chemistry
14	Chemistry	KT1706	Chemical technology
15	Chemistry	FTU1604	Methods of physical research

**The following subjects are taught in biology courses**

<b>№</b>	<b>Course of Study</b>	<b>Science code</b>	<b>Subject name</b>
1	Biology	SIT1104	Cytology
2	Biology	BOT1112	Botany
3	Biology	UFK1108	General physics and chemistry
4	Biology	GE1206	Histology and embryology
5	Biology	OAN1306	Human anatomy
6	Biology	ZOO1312	Zoology
7	Biology	MV1308	Microbiology and virology

8	Biology	BVMB1308	Biochemistry and molecular biology
9	Biology	OHF13010	Human and animal physiology
10	Biology	GGA1508	Fundamentals of genetics and genomics
11	Biology	BIOF1504	Biophysics
12	Biology	BO'M1508	Biology teaching methodology
13	Biology	O`F1608	Physiology of plants
14	Biology	BIOIN1604	Bioinformatics
15	Biology	BIOT1708	Biotechnology
16	Biology	ET1806	Evolutionary doctrine
17	Biology	YF1604	Young physiology and hygiene

**The following subjects are taught in the fields of ecology and environmental education**

<b>Nº</b>	<b>Course of Study</b>	<b>Science code</b>	<b>Subject name</b>
1	Ecology and environmental protection	EKA1108	Basics of ecology
2	Ecology and environmental protection	EKBT1108	Ecobiotechnology
3	Ecology and environmental protection	UK1106	General chemistry
4	Ecology and environmental protection	BIEK1212	Bioecology
5	Ecology and environmental protection	TAE1210	Soil and agroecology
6	Ecology and environmental protection	IJE1308	Social ecology

7	Ecology and environmental protection	HZEM1306	Environmental problems of the present time
8	Ecology and environmental protection	GIDE1408	Hydroecology
9	Ecology and environmental protection	BRA1406	Fundamentals of sustainable development
10	Ecology and environmental protection	GE1606	Herbology and ecotoxicology
11	Ecology and environmental protection	ETFO`M1704	Methodology of teaching ecology and natural science
12	Ecology and environmental protection	TROFME1708	Rational use of natural resources and alternative energy
13	Ecology and environmental protection	OOBIOX1702	Food and biosecurity
14	Ecology and environmental protection	IO`EM1406	Climate change and ecological adaptation
15	Ecology and environmental protection	EME1412	Ecomonitoring and ecoexpertise
16	Ecology and environmental protection	SHSE1510	Urban and industrial ecology
17	Ecology and environmental protection	BXMQ1708	Biodiversity and its protection

### 3.3.1 Current collaborations with health institutions

Bukhara State University has signed cooperation agreements with Bukhara State Medical Institute and with 10 local health organizations. The main goal of such cooperation is to provide high-quality medical care to professors and students at a discount. In particular, Bukhara has established cooperation with the state Polyclinic № 3 of the health center.





The main activity of this hospital consists of diagnosis, consultation and conservative treatment of therapy and neurology specialties in an outpatient setting. In it, professors and teachers undergo a medical examination every 6 months, and can receive the advice of a qualified psychologist at any time.

A health record for a teacher is a necessary document when applying for a teaching position in a general education institution. Any teacher is required to renew it once a year. This means being examined again by doctors, taking biomaterial and medical tests. The teacher's personal health record confirms that he has no infections dangerous to children and citizens.



In addition, a long-term contract was signed with Bukhara Shifo Nur hospital. It is always intended for those who suffer from the common cold. The main activity of the hospital is treating diseases such as throat, nose, and ears.



Here, students and professors with eye diseases and those with low vision can get treatment by the university free of charge.



### 3.3.2 HEALTH OUTREACH PROGRAMMES

Cooperation with local health organizations under Bukhara State University

<b>№</b>	<b>Contract number</b>	<b>Date of signing the contract</b>	<b>Signatory organizations</b>
1	12	12.01.2022	Bukhara State Medical Institute
2	37	15.01.2022	Polyclinic № 3 of the health center
1	84	26.01.2022	Bukhara Shifo Nur Service LLC
2	153	15.02.2022	Dildora Dilobar LLC
3	96	26.03.2022	Al Sardorbek Farm LLC
4	168	08.04.2022	Bukhara Lor Med Service LLC
5	41	25.04.2022	Dental Stom Amir LLC
6	92	12.05.2022	Dental Stom Amir LLC



### 3.3.3 SHARED SPORT FACILITIES

At Bukhara State University, great conditions have been created for professors and students to spend their free time meaningfully, to constantly engage in sports under the slogan of “Sports health guarantee”. Bukhara State University has 2 mini football fields, 1 large football field, new handball field, basketball field, 2 sports halls. All these games are regularly organizing among professors and teachers and students as well. Different competitions are held every month such as Kasaba Cup and Rector’s Cup, Streetball among students of higher education institutions within the framework of the "Olympiad of Five Initiatives", "Minister's Cup" by type of WRESTLING, "DECAN'S CUP-2023" sports competitions of the Faculty of Physics and Mathematics of the Bukhara State University on the "mini football", regional stage of table tennis, and also volleyball and basketball. 11 faculties will participate in these competitions constantly. The top 3 faculties are recognized as winners and given various prizes.

#### **BUKHARA STATE UNIVERSITY HOLDS REGULAR COMPETITIONS IN THE FOLLOWING SPORTS:**

Football	Chess	Wrestling
<ul style="list-style-type: none"><li>• Volleyball</li><li>• Basketball</li><li>• Stritball</li><li>• Handball</li></ul>	<ul style="list-style-type: none"><li>• Checkers</li><li>• Domino</li><li>• Table tennis</li><li>• Badminton</li></ul>	<ul style="list-style-type: none"><li>• Judo</li><li>• Boxing</li><li>• Athletics</li></ul>

At Bukhara State University in 2022, competitions in 11 sports were held in the university gym.

	<b>TYPE OF SPORT</b>	<b>NUMBER OF PARTICIPANTS</b>	<b>During The Year</b>
<b>1</b>	Volleyball	123	4 times a year
<b>2</b>	Chess	56	1 time per month
<b>3</b>	Handball	50	6 times a year
<b>4</b>	Basketball	143	4 times a year
<b>5</b>	Checkers	89	1 time per month
<b>6</b>	Table tennis	67	1 time per month
<b>7</b>	Football	149	8 times a year
<b>8</b>	Wrestling	22	3 times a year
<b>9</b>	Boxing	16	2 times a year
<b>10</b>	Judo	64	2 times a year
<b>11</b>	Athletics	205	4 times a year

25.10.2022 in the wrestling gym of Bukhara State University, the "Minister's Cup" competition was held among the students of Bukhara State University in the category of WRESTLING.



As part of the "Olympiad of Five Initiatives", a regional competition was held among students of higher educational institutions in the sport of Streetball.







Within the framework of the "Olympiad of Five Initiatives", a competition of the regional level was held among higher education institutions in the field of table tennis.





On the second day of the regional stage of mass sports competitions among professors of higher educational institutions within the framework of the "Olympiad of Five Initiatives", competitions in two types of sports were held.



Bukhara State University wrestling between male and female students





### 3.3.4 FREE SEXUAL HEALTH CARE FOR STUDENTS

A new student sexual health service was launched this year, Wednesday, Feb 02, at the Bukhara State University, coinciding with Azimed private clinic - a national event intended to raise sexual health awareness.

Available to students by self-referral, the facility is free and offers a comprehensive range of services, including the full testing and treatment of STIs, vaccinations, contraception advice, pregnancy testing, PEPSE/PREP, health promotion, condoms and information resources.

These specialized services are typically provided in a hospital setting; however, as Bukhara State University is without a hospital, students were having to travel significant distances to access care, explained Nurse Nafisa Aslonova, who is the service's project lead.

“Students previously faced travel times of up to one hour to a specialized clinic and cited barriers to attending, such as fear of stigma, travel time, costs and time missed from college, as reasons not to attend,” she said. “This service is removing all those barriers for students, ensuring they can get the right care in the right place by the right people.”



### 3.3.5 Mental health support

Medical rooms have been established at Bukhara State University to monitor the health of professors and students and provide them with emergency care. Qualified doctors provide 24-hour free service. The medical room is located in the student residence, 1st floor, room 301. The room has all the conditions for providing first aid.

### Health infrastructure facilities for students, academics and administrative staffs' wellbeing



Local government polyclinic that is only 500 meters from the Bukhara State University offers free healthcare services for the university staff and students. Apart from that inside the university campus, there are specialized medical services points with nurses.

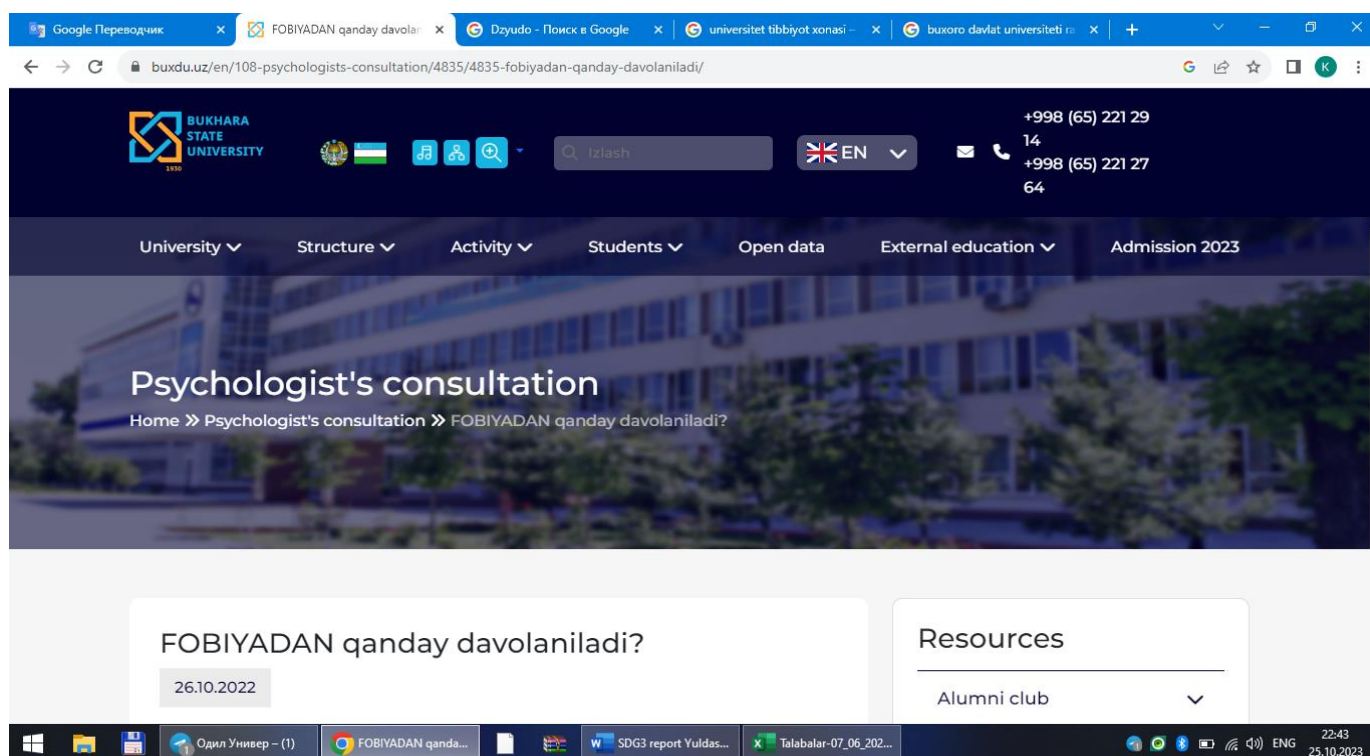




The medical room consists of 2 separate rooms. Patients arriving in the first room are registered and, depending on the level of the disease, the patient is provided with emergency care. The next room has the necessary equipment for treatment. The size of the rooms is 16 square meters.



In addition to the medical room, a psychologist's consultation is organized on the website of the university image <https://buxdu.uz/>. Those who wish can find answers to various psychological questions in it.



The following table shows the number of patients admitted during 2022

In months	Total number of admissions	Patients
<b>January</b>	802	241
<b>February</b>	706	193
<b>March</b>	923	125
<b>April</b>	804	183
<b>May</b>	563	172
<b>June</b>	936	237
<b>July</b>	623	210



<b>August</b>	442	199
<b>September</b>	815	203
<b>October</b>	912	186
<b>November</b>	788	456
<b>December</b>	801	401

In addition, Bukhara State University currently cooperates with Atlantis Pool. The main purpose of this is to provide psychological rest and health recovery for all employees after a hard day's work. In addition, taking into account that the employees work mostly sitting, it is also organized to prevent illness. For university employees, they can visit two days of the week in the evening at a discount, and they can also visit at any time for a monthly subscription fee.





### 3.3.6 Smoke-free policy

#### CODE OF ETHICS OF THE UNIVERSITY

A code of ethics has been developed at Bukhara State University. It includes drinking alcohol and smoking tobacco or other products and being intoxicated in the University buildings and in the yard, as well as in the area adjacent to the University buildings and not less than 500 meters from them, and having hair that is contrary to the appearance and established rules of etiquette. Rules such as coming unshaven, disheveled, unshaven and not complying with the dress code are reflected. For this purpose, 500 meters away from the university building, special smoking areas have been set aside for professors and students.

Article 16. The university does not allow unethical and inappropriate actions. It is strictly forbidden to engage in the following unethical and improper behavior that interferes with the study of students and doctoral students, and the employee's work at the university: committing any offense or crime, including defamation, insult; consumption and distribution of narcotics, psychotropic, synthetic agents and their analogues, alcohol and tobacco products, vape, cigarillos, electronic cigarettes and other intoxicating agents and substances; trespassing against peace or tranquility, fighting, gambling and playing other games based on risk;

