3 GOOD HEALTH AND WELL-BEING

Sustainable Development Goal 3

Progress Report 2025

Afrasiab University

(formerly the Institute of Social and Political Sciences, ISFI)

Non-state higher education institution, Tashkent, Uzbekistan

Reporting period	1 January – 31 December 2025
Website	afrasiabedu.uz

This report presents the progress of Afrasiab University towards SDG 3 during 2025. In 2025 the institution operated under its former name, the Institute of Social and Political Sciences (ISFI); activities and evidence from that period therefore show the former name.

1. Introduction

Afrasiab University (formerly the Institute of Social and Political Sciences, ISFI) is a non-state higher education institution in Tashkent, licensed in December 2022. The university is committed to the health and well-being of its students, staff and the wider community, in line with Sustainable Development Goal 3: Ensure healthy lives and promote well-being for all at all ages.

This report summarises the policies, partnerships and activities through which the university contributed to SDG 3 between January and December 2025. It covers four areas: partnerships with health institutions, reproductive health and HIV prevention education, mental health support for students and staff, and a smoke-free, healthy campus environment. The report closes with the university's priorities for further development.

2. Highlights of 2025

Area	What the university did in 2025
Partnerships with health institutions	Health education seminars delivered on campus with medical specialists of the Ibn Sino Public Foundation (1 December 2025)
Reproductive health and HIV prevention	HIV/AIDS seminar-training with the national public association "Imkoniyat" (3 December 2025); AIDS prevention and family-life preparation seminars (1 December 2025)
Mental health – students	Free consultations with the university psychologist; meeting on stress, anxiety and psychological well-being (15 October 2025)
Mental health – staff	Mental well-being events open to faculty and staff, including the book presentation "Love Your Illness" (1 December 2025)
Smoke-free campus	Smoking prohibited in all buildings, courtyards and adjoining areas under the Code of Conduct (Art. 16), reviewed and approved on 5 September 2025
Prevention of risky behaviour	Round table "Drug addiction – the decline of life" with the Yunusobod district internal affairs department (9 December 2025)
Physical activity	"Five Initiatives" Olympiad and student sports competitions (mini-football, volleyball, basketball, table tennis, chess), October–November 2025

3. Policies supporting health and well-being

3.1 Smoke-free campus

The university operates a fully smoke-free campus. Article 16 of the Code of Conduct strictly prohibits “smoking tobacco or other types of products” in all university buildings and courtyards, as well as in areas adjoining the buildings, and prohibits the consumption and distribution of tobacco products, alcohol and narcotic substances. There are no designated smoking areas. The Code of Conduct was first adopted in 2022 and its current version was reviewed and approved by the Institute Council (meeting No. 1) on 5 September 2025. Every student and employee confirms in writing that they have read the Code (Art. 26).

3.2 A healthy psychological environment

Article 17 of the Code of Conduct requires managers to help create a positive moral and psychological environment, to refrain from exerting psychological or physical pressure on staff, and to provide conditions for rest, relaxation and physical fitness. Article 20 condemns any form of harassment. These provisions apply to all faculty, staff and students.

4. Partnerships with health institutions

On 1 December 2025, World AIDS Day, the university hosted free health education seminars on campus delivered by medical specialists of the Ibn Sino Public Foundation. The seminars covered healthy lifestyles, preparation for family life, prevention of drug use, alcohol and smoking, proper nutrition and AIDS prevention. Information leaflets on HIV prevention were distributed to participants. The seminars were open to students, staff and members of the public free of charge.



Medical specialists of the Ibn Sino Public Foundation at the institute, 1 December 2025.

Evidence:
afrasiabedu.uz/en/news-info/soglom-turmush-tarzi-va-oits-profilaktikasiga-bagishlangan-seminarlar-otkazildi

5. Reproductive health and HIV prevention education

On 3 December 2025, the university organised a seminar-training for students in partnership with the national public association “Imkoniyat” on “Achieving sustainable change in young people’s tolerance towards people living with HIV”. Students tested and strengthened their knowledge of how HIV is transmitted, prevented and treated, and discussed how to reduce stigma and discrimination against people living with HIV. Together with the Ibn Sino Public Foundation seminars, this gave students free access to information and education on reproductive health and HIV prevention.



HIV/AIDS seminar-training for students with the public association “Imkoniyat”, 3 December 2025.

Evidence:
afrasiabedu.uz/news-info/seminar-training-held-institute-social-and-political-sciences-isfi-now-afrasiab-university

6. Mental health support

6.1 Students

The university employs a staff psychologist, Dilfuza Gaffarova, who provides free consultations to students. On 15 October 2025, the psychologist held a meeting with students on mental health, coping with stress and anxiety, finding solutions to personal problems and building a healthy psychological environment. Students received individual psychological advice and recommendations.



Meeting between the university psychologist and students, 15 October 2025.

Evidence: afrasiabedu.uz/news-info/meeting-between-psychologist-and-students

6.2 Faculty and staff



Announcement of the book presentation, 1 December 2025.

University events on mental well-being are open to faculty and staff as well as students. On 1 December 2025, the university held a presentation and discussion of Valeriy Sinelnikov's book "Love Your Illness", led by speaker Dildora Abdulxayeva. The event focused on emotional relief, healthy thinking and self-understanding.

Article 17 of the Code of Conduct further requires managers to support a positive psychological climate and ensure conditions for staff rest and relaxation.

Evidence: afrasiabedu.uz/news-info/announcement

7. Healthy lifestyles and prevention

7.1 Prevention of drug addiction

On 9 December 2025, as part of the “Safe and Healthy Country” month and the implementation of Presidential Decree PF-207 of 3 November 2025 on protecting public health from drug addiction, the university held a round table on “Drug addiction – the decline of life”. Inspectors of the Yunusobod district internal affairs department for the prevention of offences among minors and youth, and for women’s issues, informed students, heads of departments, faculty and staff about global trends in drug use and the harmful consequences of drug abuse.

7.2 Physical activity and sport

In October–November 2025, the university launched the “ISFI Student League” and the “Five Initiatives Olympiad” to promote healthy lifestyles and physical activity among students. Competitions were held in mini-football, volleyball, basketball, table tennis and chess.

8. Health-related education

The university’s degree programmes focus on the social and political sciences, economics and related fields; it does not currently offer degree programmes in the health professions. In 2025 the institution had 7 graduates (all from master’s programmes), as its first bachelor’s cohort, admitted after licensing in December 2022, had not yet completed its studies.

9. Priorities for development

Building on the activities of 2025, the university has identified the following priorities for strengthening its contribution to SDG 3:

Priority	Planned action
Community health outreach	Develop student volunteering programmes with local mahallas and health institutions, for example healthy-lifestyle sessions for residents and visits to care homes
Formal health partnerships	Formalise cooperation with health institutions and NGOs, including the Ibn Sino Public Foundation and “Imkoniyat”, through memoranda of understanding
Mental health services	Publicise the psychologist’s free consultation service to all students and staff and hold regular well-being events, including on World Mental Health Day
Monitoring	Record participation in health-related activities and report progress annually

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