

# Good health and well-bein



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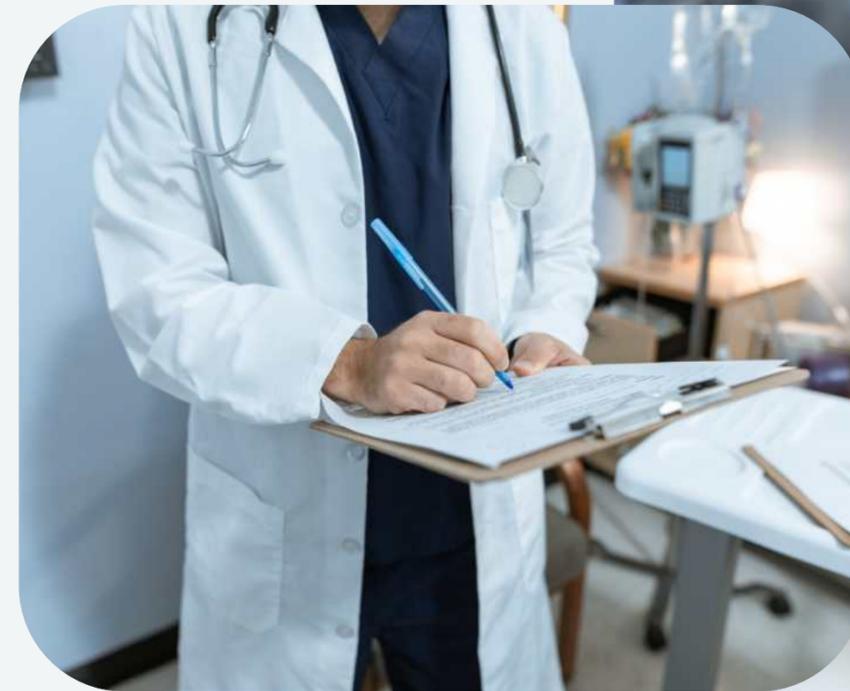
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# Introduction

Health is considered a fundamental human right. The right to health means equal access to health care for all members of society: medicine, healthy food, clean water, sanitation, psychological support. At the same time, social protection, rest, and leisure are also included in the human right to health. Lankaran State University has created its own “Health, Safety and Welfare Policy” based on the World Health Organization (WHO) and international norms.



Lankaran State University is implementing the following activities to ensure an environment that supports the health, safety, and well-being of employees, students, and visitors:

### Health and Psychological Support Policy



Lankaran State University organizes free medical seminars and trainings for students and staff from time to time. Emergency and urgent medical assistance services are provided in cooperation with the relevant departments of the Ministry of Health of the Republic of Azerbaijan in Lankaran. The university provides free psychological medical support for students and staff, as well as mentoring programs for people with physical disabilities.

### Food Safety and Hygiene Policy



The university canteen provides students, as well as academic, administrative and technical staff, with healthy and affordable food. Vegetarian and gluten-free food options are also available in the canteen. The clothing and hygiene of the staff working in the canteens are regularly checked and they undergo medical check-ups at appropriate periods. At the same time, the quality of all food is regularly checked by the Food Safety Agency of the Republic of Azerbaijan.

## Smoking and Harmful Habits Policy



Smoking (cigars, cigarettes, electronic cigarettes) is prohibited in all buildings, entrances and on the campus of Lankaran State University. In addition to combating harmful habits that can negatively affect human health, regular educational events are also held.

## Clean water policy



There is no wastewater at the university, and all necessary regulatory measures are taken to ensure clean water supply. After experiments in laboratories, water contaminated with chemicals is collected in special containers and disposed of. Drinking water is always provided to students at the university, and clean water is always provided, and will continue to be provided. Measures are taken to prevent water loss in all buildings of the university, and all water routes (pipelines) are built to meet modern standards.

## Sports health and leisure policy



The university has various sports teams, free gyms, indoor and outdoor sports grounds for students and staff. All necessary conditions are created for spending leisure time on university campuses, various cultural and mass events, scientific libraries, and dormitories. Dormitories have fire alarms, smoke detectors, surveillance cameras, and in case of emergency, information is provided to the authorized bodies.

# ***FREE MEDICAL SEMINARS AND TRAININGS FOR STUDENTS AND STAFF***



# HEALTH AND PSYCHOLOGICAL SUPPORT



# SPORTS HEALTH AND LEISURE



Sports health and leisure

# SMOKING AND HARMFUL HABITS

