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LƏNKƏRAN DÖVLƏT UNIVERSİTETİ

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Good health and well-being



Lankaran State University (LSU) prioritizes the health and well-being of its students and staff through multiple initiatives. The university's psychological services are integral, focusing on both preventive and supportive measures. Regular psychological counseling is provided to help students manage stress, especially during exams, and to cope with adjustment issues. Workshops and trainings on stress management techniques, such as breathing exercises, are common, contributing to students' mental resilience.

Physical wellness is also encouraged through LSU's extensive sports facilities, including a gym, fitness center, and several football fields. The university has a sports club that promotes physical activity, and students frequently participate in national and international competitions in sports such as futsal and judo.

Furthermore, the university hosts recreational activities like picnics, theater events, and concerts to foster a sense of community and enhance social well-being.

In addition, Lankaran State University together with various organizations organizes events related to health, end to drugs, healthy life and other manner topics.

In addition to teaching students scientific knowledge from the subject of psychology, both theoretically and by experience, at the same time, they carry out work related to their psychological health according to the teacher's annual action plans. First, students who apply individually provided with moral support in terms of eliminating their psychological distress, educational and psycho-consultative work carried out from time to time in order to eliminate the psychological problems that may arise. In addition, scientific seminars on reducing and eliminating exam stress and anxiety that may arise in students before the exam also organized in the university together with the Student Scientific Society. For example, on the initiative of the Student Scientific Society, a training called "auto training psychological exercises" organized with a certain group of students on the mentioned topic at the university to eliminate exam stress. As a result, in this training, students mastered various teaching methods and learned appropriate breathing techniques. After that, those students were able to take advantage of these psych techniques to eliminate stress before the exam. Observations show that similar seminars and trainings have a positive effect on students' psychological resistance. In addition to the above, let us note one important point that sometimes problems of adaptation to university life revealed in students. Mainly, some of the students of the first academic year, who have started a new education, have adaptation problems. The change in their daily life routine, nutrition, attending classes on time, and being away from their loved ones make it difficult for them to adapt to university life. The emergence of various psychosomatic symptoms in students with adaptation problems confirms this once again. Students who cannot adapt to university life sometimes experience sudden changes in blood pressure, nausea, neurosis, affectivity, impulsivity, loss of appetite, severe headaches and migraines. Necessary work has done to eliminate them.

The psychologist teachers of the department regarding the adaptation problems of the first academic year students entering the university also implement supporting measures. Psychological conversations are holding with them from time to time, morally supportive advice is given.

Students' free time is their sports. LSU students participated in world and international sports competitions and achieved successful results. They were the second in the world, the winner of international tournaments, the winner of

Azerbaijani championships, the winner of friendly matches. On 04.03.2024, the Futsal team of the Sports Club of LSU participated in the inter-student national tournament dedicated to the 100-th anniversary of the Nakhchivan Autonomous Republic and won the 3rd place. They won the Golden Glove trophy, the best wicket-taker. The team also participates in vigorous training sessions. In addition, LDU's football team WOLVES LDU also perform in many friendly matches.