Mental Health and Awareness Training Sessions



A Marathon on the Social and Psychological Awareness of Regional Youth Held at LSU



The “Social and Psychological Awareness Marathon for Regional Youth” was held at Lankaran State University (LSU), with the financial support of the Agency for State Support to Non-Governmental Organizations of the Republic of Azerbaijan and organized by the Public Union “Center for Psychological Services and Research.”



A Scientific Seminar on “Healthy Mind – Healthy Generation” Held at LSU

A scientific seminar titled “Healthy Mind – Healthy Generation” was organized at Lankaran State University (LSU) in collaboration with the “Logos” Psychological and Speech Center.

The seminar focused on the importance of maintaining mental health, the social and psychological development of children and young people, the significance of psychological awareness, and the role of specialists in this field.

Representatives of LDU and the “Logos” Psychological and Speech Center delivered presentations, sharing their views on promoting mental health, the importance of psychological services, and the role of awareness-raising in raising a healthy generation. Participants' questions were also answered.

The seminar contributed to increasing awareness of mental health and well-being and strengthening cooperation between the university and relevant specialists.





An Awareness-Raising Seminar on Students' Social and Psychological Adaptation Held at LSU



An awareness-raising seminar was organized at Lankaran State University (LSU) to support first-year students in adapting to university life from a social and psychological perspective.

The seminar addressed students' adjustment to the new educational environment, integration into university life, building social relationships, overcoming psychological challenges, and the importance of psychological support.

University representatives and students participated by delivering speeches and presentations on the topic. The seminar continued with discussions and a question-and-answer session.

The main aim of the seminar was to facilitate first-year students' adaptation to the university environment, enhance their social and psychological awareness, and contribute to creating a healthy psychological environment.



