About restriction of use of tobacco products Lankaran

State University

Those charged with governance Sustainability Committee

Smoking – free policy

Legislative measures on the use of tobacco products and other harmful habits

An official copy of this policy can be obtained upon request.

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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.The use of tobacco products and other harmful habits is prohibited on the territory of Lankaran State University, as in other higher education institutions. In this regard, Article 10.1.1 of the Law of the Republic of Azerbaijan on the Restriction of the Use of Tobacco Products states that the use of tobacco is not allowed in higher education institutions and their territories. Article 11.2 of that law specifically mentions informing people (mainly students) about the harm of tobacco use and the harmful effects of tobacco smoke in the environment in higher education institutions.

https://e-qanun.az/framework/37481

A series of measures against the use of tobacco products and other harmful habits at Lankaran State University.

In 2017, another training was held at Lankaran State University (LDU) on the preventive works to protect young students from harmful habits. Shahla Mirzazadeh, a doctor-methodologist of ISIM, made a

presentation at the training "Methods of fighting against harmful habits" held by the Center for Public Health and Reforms (ISIM) of the Ministry of Health within the framework of the Cooperation

Agreement with the Knowledge Foundation under the President of the Republic of Azerbaijan. Use of tobacco, hookah, drug addiction , the trainer, who gave detailed information about AIDS diseases, the danger and ways of spreading these diseases among young people, and the main solutions for protection against the virus, emphasized the importance of preventive education and called on young people to actively fight against the social evils of the time.

https://aztehsil.com/news/5059-ldu-da-zrrli-vrdilrl-mbariz-usullar-il-bal-tlim-keirilib.html

In 2019, an event on giving up harmful habits was held at LSU. An educational seminar was held at Lankaran State University (LDU) in connection with the implementation of the "Strategy for the fight against non-infectious diseases in the Republic of Azerbaijan for 2015-2020". Opening the event on reducing the risk factors of non-infectious diseases (tobacco use, alcohol abuse, unhealthy diet, physical inactivity), Elvin Aliyev, acting vice-rector for research and innovation of the university, opened the event and explained the purpose and purpose of the seminar. informed the participants. The speaker, senior teacher of the university, Ahmadaga Tahirov, spoke in detail about the negative role played by harmful habits in human life, the serious consequences of their impact on life and health, ways of combating and preventative measures.

https://lsu.edu.az/new/NewsLister/index.php?page=details&id=110

In 2019, at Lankaran State University (LDU), approved by Decree No. 1334 of the President of the Republic of Azerbaijan dated July 22, 2019, "The State Plan for the period 2019-2024 on the fight against illegal trafficking of narcotic drugs, psychotropic substances and their precursors and the fight against drug addiction" An educational seminar was held on the implementation of the Action Plan for the implementation of the Program.

Students and teachers of LSU took an active part in the seminar on "Complications caused by the use of narcotic drugs and psychotropic substances, ways to protect against drug addiction, treatment and rehabilitation of the disease".

https://lsu.edu.az/new/NewsLister/index.php?page=details&id=116

In 2021, the next educational event was held at Lankaran State University (LDU) within the framework of measures to combat drug addiction and illegal drug trafficking.

Associate Professor Kamran Kazimov, Vice Rector for Social Affairs of LSU, opened the online event. Saying that the event is dedicated to a very important issue, Kamran Kazimov called drug addiction the most terrible social evil of all centuries. He said that the main goal of the event is to get our teenagers and young people to stay away from such harmful habits. K. Kazimov also talked about preventive measures against drug addiction and illegal drug trafficking in the country and at the university.

https://lsu.edu.az/new/NewsLister/index.php?page=details&id=235

In 2021, at Lankaran State University (LDU), approved by the Decree of the President of the Republic of Azerbaijan dated July 22, 2019, "The State Program for 2019-2024 on the fight against drug addiction and illegal circulation of narcotic drugs, psychotropic substances and their precursors" An event was held in connection with the implementation of the Action Plan for the implementation of Students and teachers of the university participated in the online seminar on "Fight against the illegal circulation of narcotic drugs, psychotropic substances and their precursors and addiction"

https://lsu.edu.az/new/NewsLister/index.php?page=details&id=246

In 2022, an educational seminar was organized at Lankaran State University (LDU) on the illegal circulation of narcotic drugs, psychotropic substances and their precursors and the fight against drug addiction.

The seminar was opened by the dean of the Faculty of Natural Sciences, Ph.D. Assoc. Ramiz Shammadov opened and informed the participants about the purpose and meaning of the event. Ramiz Shammadov gave detailed information about narcotic drugs, ways of their distribution, preventive works and measures taken in the republic in connection with the fight against drug addiction, and spoke about the importance of the State Program approved by the decree of the President of the Republic of Azerbaijan Mr. Ilham Aliyev. He said that the successful implementation of the program depends on the active participation and practical struggle of young people. Students' reports on the topic were heard at the event. At the seminar,

a video film showing the tragedies caused by the use of narcotic drugs for the society was shown, and educational booklets were distributed to the participants**.**

https://lsu.edu.az/new/NewsLister/index.php?page=details&id=337

In 2022, the next educational seminar was held at Lankaran State University (LDU) on the topic "Fight against illegal trafficking of narcotic drugs, psychotropic substances and their precursors and drug addiction and other harmful habits". Dean of the Faculty of Medicine, Assoc. Ramiz Shammadov gave an extensive report on the measures taken against the illegal circulation of narcotic drugs, psychotropic substances, their precursors, drug addiction and other harmful habits in the country, and the preventive work done in this direction at Lankaran State University**.**

https://lsu.edu.az/new/NewsLister/index.php?page=details&id=365

In 2023, an educational event was held at Lankaran State University in collaboration with the State Commission for Combating Drug Addiction and Illicit Trafficking of Narcotics of the Republic of Azerbaijan and the Lankaran City Executive Power. Opening the event, LSU Vice-Rector for Social Affairs, Professor Kamran Kazimov, called drug addiction the most terrible scourge of all centuries and spoke about the importance of measures to combat it.

https://lsu.edu.az/new/NewsLister/index.php?page=details&id=405

In 2023, the next educational seminar on “Illegal trafficking of narcotic drugs, psychotropic substances and their precursors and the fight against drug addiction” was held at Lankaran State University (LSU), approved by the relevant Order of the President of the Republic of Azerbaijan.

The seminar was opened by the Dean of the Faculty of Natural Sciences, Assoc. Prof. Ramiz Shammadov, with an introductory speech and spoke about the preventive measures and practical educational work carried out in this direction at the university. Dilshad Mahmudova, a doctor at the AIDS Center of the Republic of Azerbaijan, gave an extensive report on the topic.

Finally, the questions of interest to the participants were answered. Booklets and brochures related to the topic were distributed to students at the event.

https://lsu.edu.az/new/NewsLister/index.php?page=details&id=423

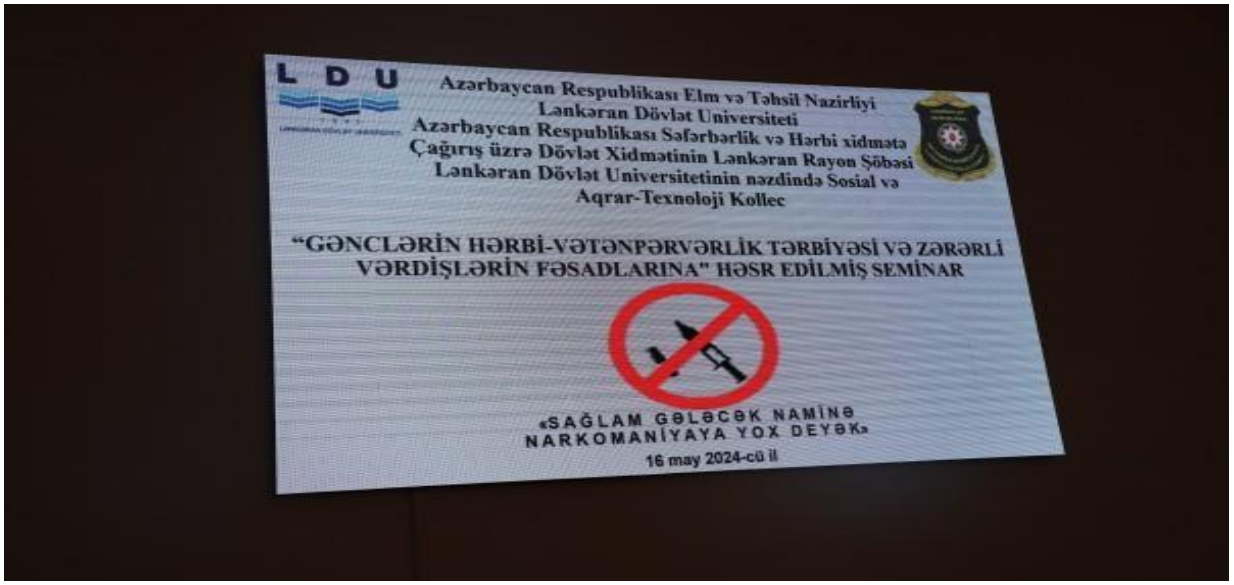
In 2023, an anti-drug awareness event was held at LSU, jointly organized by Lankaran State University and the State Commission for Combating Drug Addiction and Illicit Trafficking. The event was opened by LSU Vice-Rector, Prof. Kamran Kazimov, who called drug addiction the greatest scourge of the century, a social disaster, spoke about the heavy blows it has inflicted on society, and brought to the attention of the event participants that the collective fight against it is the most important issue of the day.

Emin Guluyev, Head of the Legal Department of the Lankaran City Executive Power, and Vasif Guliyev, Responsible Officer of the State Commission for Combating Drug Addiction and Illicit Trafficking, spoke at the event and spoke about the measures taken to combat drug addiction in our country, the policy pursued by the state in this direction, the implementation status of adopted state programs, the serious consequences of drug addiction, and the importance of preventive measures to be taken against this serious scourge.

https://lsu.edu.az/new/NewsLister/index.php?page=details&id=484

In 2024, an educational seminar was held at Lankaran State University, jointly with the Lankaran District Department of the State Service for Mobilization and Conscription of the Republic of Azerbaijan and the Social and Agrarian-Technological College under LSU. The seminar on the topic of "Military-patriotic education of youth and the consequences of harmful habits" was opened by the advisor to the rector of LSU, prof. Mikayil Maharramov. He noted that the future of the state and the nation largely depends on healthy youth, educating youth in the spirit of military-patriotic education and protecting them from the consequences of harmful habits are among the most urgent problems of the day, and joint activity of society in this direction is very important. M. Maharramov assessed the seminar as an important step taken in this direction.

https://lsu.edu.az/new/NewsLister/index.php?page=details&id=548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