

3 GOOD HEALTH AND WELL-BEING



SDG 3, aimed at ensuring good health and well-being, plays a key role in the formation of a sustainable society. The University of Human Economy and Diplomacy (UMED) actively supports this goal, internal initiatives and programs, enabling the strengthening of health and welfare of students. In 2023, UMED organized a number of events, including sports competitions, medical programs and educational initiatives, which help develop physical and mental health of students and create conditions for active and successful training.





COMPREHENSIVE HEALTH CARE CENTERS FOR ENHANCED WELL- BEING

In the framework of striving to support health and well-being of students, the University of Human Economics and Diplomacy (UWED) provides access to a number of important medical and social services. In the territory of the university, there is a medical center, where students can receive first aid, which allows for rapid response and in cases of pain and trauma.



ENSURING HEALTH ACCESS: MANDATORY REGISTRATION AT LOCAL FAMILY CLINICS FOR UNIVERSAL WELL-BEING





ENSURING HEALTH ACCESS: MANDATORY REGISTRATION AT LOCAL FAMILY CLINICS FOR UNIVERSAL WELL-BEING

In addition, special attention is paid to students who come from other regions and live in the dormitory. For their convenience and health, mandatory registration at the local family clinic is provided, where they can open questionnaires and use free medical services and medications. Such a system ensures constant medical supervision and access to the necessary resources to maintain health.





ENSURING HEALTH ACCESS: MANDATORY REGISTRATION AT LOCAL FAMILY CLINICS FOR UNIVERSAL WELL-BEING

SHARTNOMA _____

Toshkent sh. _____ .09.2023 yil

Tibbiyot xodimlarining kasbiy malakasini rivojlantirish markazi nomidan Ustav asosida ish olib bor X.A.Akilov, bundan buyon matnda "Ijrochi" deb ataluvchi bir tomondan, "Buyurtmachi" O'zbekiston Respublikasi Tashqi ishlar vazirligi Jahon iqtisodiyoti va diplomatiya universiteti rektori S Safoev, ikkinchi tomondan va uchinchisi Talabalar "Talaba" _____ birgalikda "Tomonlar" _____ mazkur Shartnomani quyidagilar haqida tuzdilar:

1. Umumiy qoidalar

1.1.Shartnoma Buyurtmachi tomonidan "Shifokor" mexmonhona tipidagi yotoqxonada yashash talabalarini yashash masalalarida Ijrochi va Buyurtmachi o'rtasida yuzaga keladigan munosabatlarni tartibga solish va Buyurtmachining Talabani ushbu Shartnomaning amal qilish davrida o'zaro huquqlari, javobgarliklarini aniqlashga mo'ljallangan.

1.2. Shartnoma amaldagi qonunchilikni hisobga olgan holda tuziladi va tomonlar uchun, shu jumladan Buyurtmachi, Talaba o'rtasida sud va boshqa organlarda nizolarni hal qilishda, qonuniy majburiy hujjat hisoblanadi.

1.3.Tomonlarning ushbu shartnomada nazarda tutilmagan munosabatlari O'zbekiston Respublikasining hujjatlari normalari bilan tartibga solinadi.

2.Shartnoma predmeti

2.1. Ijrochi Buyurtmachining o'qishga qabul qilingan kontingentiga, "Shifokor" mexmonhona tipidagi joy bilan ta'minlash xizmatlarini ko'rsatish majburiyatlarini oladi:

3. Tomonlarning o'zaro munosabatlar

3.1.Ijrochi quyidagi huquqlarga ega:

3.1.1.Buyurtmachining o'qishga qabul qilgan va ruyxani byuicha talabalarini "Shifokor" mexmonhonasida joy bilan ta'minlash;

3.1.2."Shifokor" mexmonhona tipidagi yotoqxonasida talaba uchun kerakli shart-sharoit va jihozlarni ta'minlash;

3.1.3.Buyurtmachining o'z vaqtida talabalarini amalga oshirishini nazorat qilish;

3.1.4.Talabalarga O'zbekiston Respublikasi qonunchiligi, Ijrochining ta'sis hujjatlari, ushbu Ijrochining mahalliy normativ hujjatlariga muvofiq rag'batlantirish choralari va intizomiy jazo choralarini qo'llash.

3.2. Buyurtmachi quyidagi huquqlarga ega:

3.2.1. Ijrochi tomonidan talabalarni "Shifokor" mexmonhona tipidagi yotoqxonasida joy bilan ta'minlash;

3.2.2. talabalarining "Shifokor" mexmonhona tipidagi yotoqxonasida joy bilan ta'minlanishi va foydalanishini nazorat qilish;

3.2.3. talabalarining "Shifokor" mexmonhona tipidagi yotoqxonasida joy bilan ta'minlanishi va foydalanishini nazorat qilish;

3.3. Talaba quyidagi huquqlarga ega:

3.3.1. "Shifokor" mexmonhona tipidagi yotoqxonasida joy bilan ta'minlanish;

3.3.2. "Shifokor" mexmonhona tipidagi yotoqxonasida joy bilan ta'minlanish;

3.3.3. "Shifokor" mexmonhona tipidagi yotoqxonasining mol-mulkidan maqsadli foydalanishi, uning saqlanishini nazorat qilish, suv, gaz va elektr energiyasidan unumli foydalanish, xavfsizlik texnikasi, qoidalar va Ijrochining boshqa mahalliy qoidalariga talabalariga qat'iy rioya qilish.

8. Yakuniy qoidalar

8.1.Tomonlar o'rtasida yuzaga keladigan nizolar muzokara o'tkazish yo'li orqali hal qilinadi. Agar nizo tinch yo'l bilan hal qilinmagan taqdirda tegishli tartibda, qonun doirasida Toshkent tumanlararo iqtisodiy sudga murojaat qilinadi.

8.2.Ushbu Shartnoma uch nusxada tuzildi va: bir nusxasi - Ijrochida, biri - Buyurtmachida va uchinchisi Talabada saqlanadi. Barcha nusxalar bir xil yuridik kuchga ega. Ushbu shartnomaga o'zgartish va qo'shimchalar faqat yozma ravishda kiritilishi mumkin va Tomonlarning vakolatli vakillari tomonidan imzolandi.

8.3.Shartnomaga o'zgartirishlar Shartnomaga qo'shimcha kelishuvlar orqali amalga oshiriladi.

9. FORS-MAJOR

9. Tomonlar ushbu Shartnoma bo'yicha o'z majburiyatlarini suv toshqinlari, yong'inlar, zilzilalar, boshqa tabiiy ofatlar, qonunchilikdagi o'zgarishlar va boshqalar kabi fors-major holatlari sababli qisman yoki to'liq bajarmaganliklari uchun javobgarlikdan ozod qilinadilar. Agar ushbu holatlar mazkur Shartnomaning bajarilishiga bevosita ta'sir ko'rsatgan bo'lsa, bir Tomon yuqoridagi holatlar yuzaga kelgandan keyin 10 kundan kechiktirmay ikkinchisini yozma ravishda xabardor qiladi.

Tomonlarning manzillari va rekvizitlari

IJROCHI	Buyurtmachi
Tibbiyot xodimlarining kasbiy malakasini rivojlantirish markazi	O'zbekiston Respublikasi Tashqi ishlar vazirligi Jahon diplomatiya universiteti
Manzil: 100007, Toshkent sh., Mirzo-Ulug'bek tum. Parkent ko'ch. 51 Tel/faks: 71 2681179; 71 2682217 L/s: 400110860262697096200054001 INN: 200541310 OKONK 92200 OKED 2355 Moliya vazirligi g'aznachiligi: R/s: 23402000300100001010 RKTSYGUTSB Toshkent sh. MFO 00014 INN 201122919	Manzil: 100007, Toshkent sh., Mirzo-Ulug'bek tum. Parkent ko'ch. 51 Tel/faks: 71 2681179; 71 2682217 L/s: 400110860262697096200054001 INN: 200541310 OKONK 92200 OKED 2355 Moliya vazirligi g'aznachiligi: R/s: 23402000300100001010 RKTSYGUTSB Toshkent sh. MFO 00014 INN 201122919
Direktor _____	Direktor _____
Bosh buxgalter _____ M.M.Qurakbaev	Bosh buxgalter _____
Bosh yuristkonsult _____ R.N. Karimov	Bosh yuristkonsult _____

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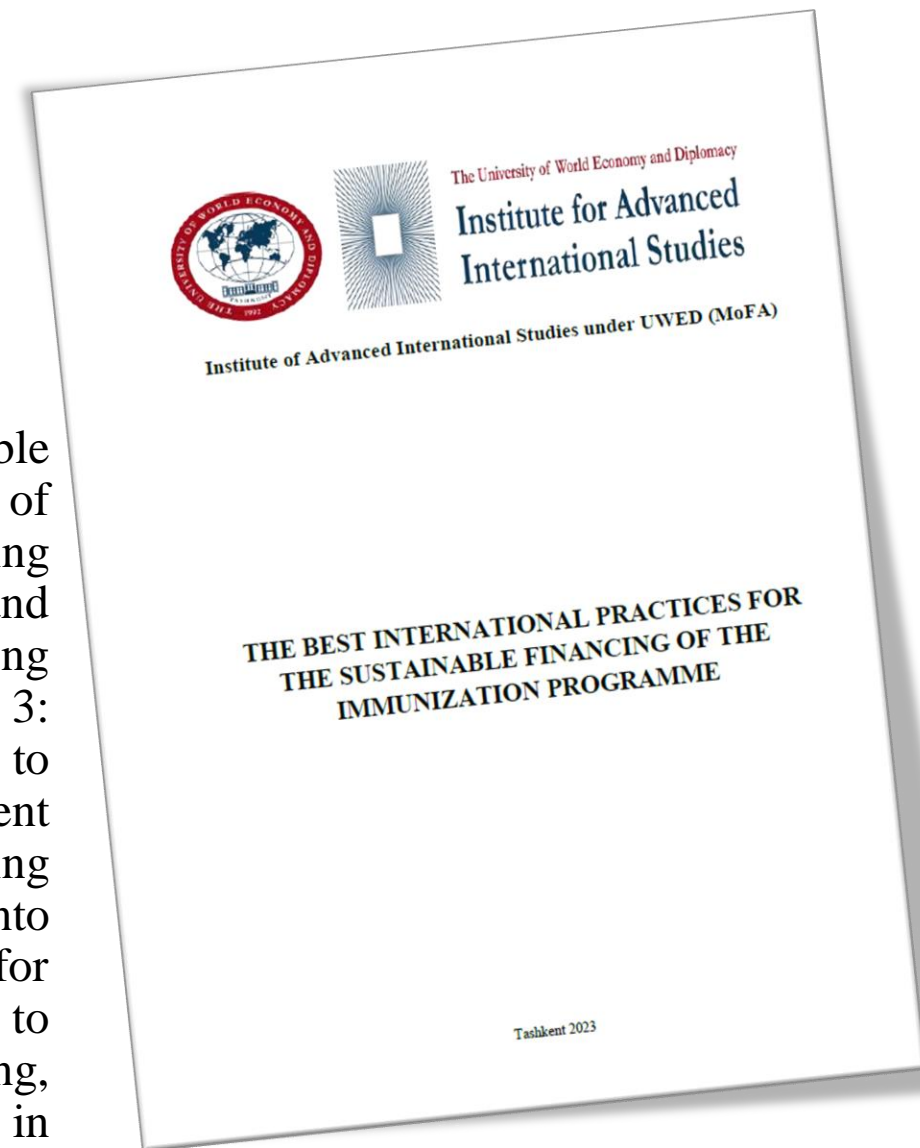
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SCIENTIFIC RESEARCH FOR ADVANCING GLOBAL HEALTH AND WELL-BEING

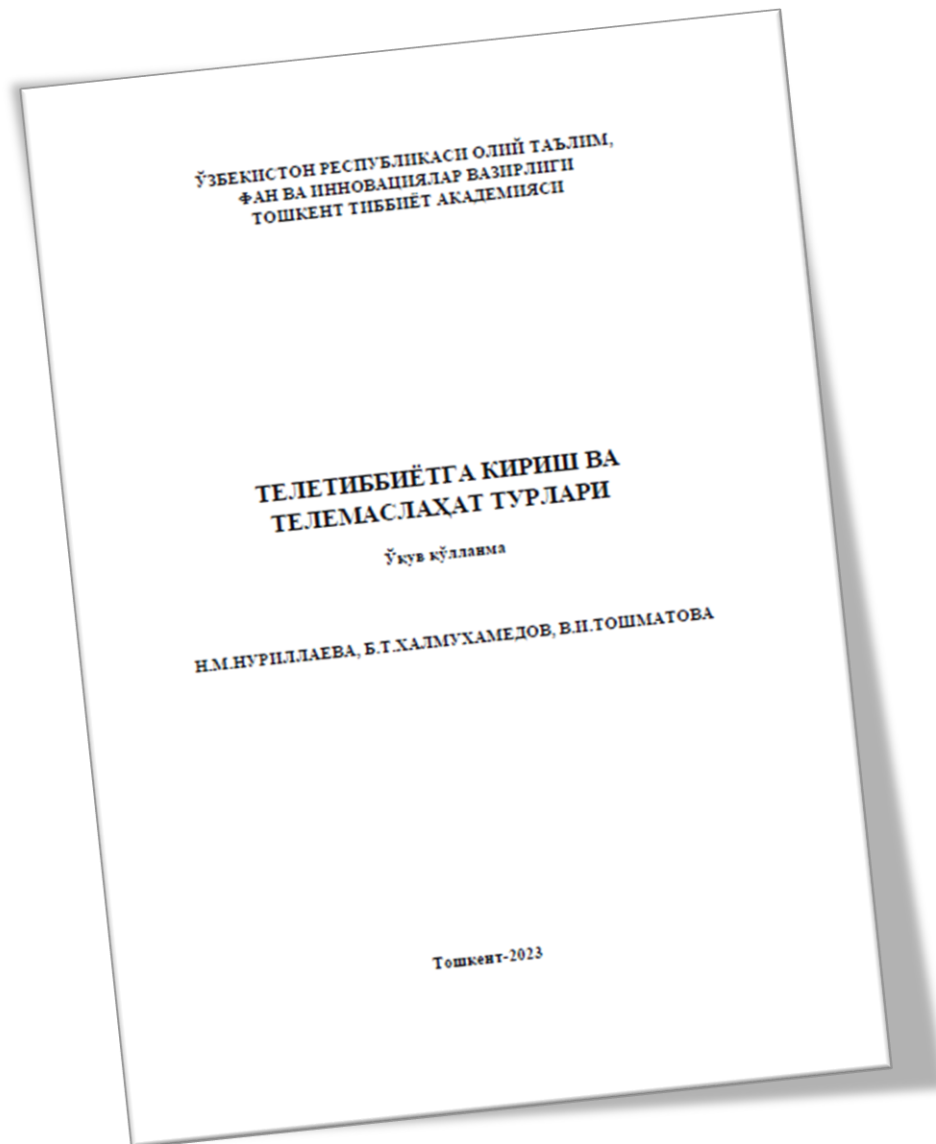
The report titled "The Best International Practices for the Sustainable Financing of the Immunization Programme," prepared by the Institute of Advanced International Studies under UWED, is directly linked to achieving Sustainable Development Goal 3 (SDG 3), which aims to ensure healthy lives and promote well-being for all. By analyzing global best practices in financing immunization programs, the report addresses a key component of SDG 3: expanding access to essential healthcare services, including immunizations, to reduce preventable diseases. Sustainable financing is critical for creating resilient health systems, especially in low- and middle-income countries where funding challenges often limit vaccination reach. This report provides insights into securing and managing long-term resources for immunization, allowing for reliable vaccine availability, equitable distribution, and enhanced capacity to respond to public health challenges. Through its focus on sustainable financing, the report supports building a foundation for continuous improvement in healthcare systems, aligning with SDG 3's objectives of reducing child mortality, combating infectious diseases, and ensuring equitable healthcare access.





SCIENTIFIC RESEARCH FOR ADVANCING GLOBAL HEALTH AND WELL-BEING

The university staff is also engaged in publication of manuals related to medicine and well-being. “Tibbiyotga kirish va telemaslahat turlari” training manual is primarily intended for future family doctors - students of medical universities who want to use telemedicine in their daily practice as a technically simple and effective technology for diagnosis, treatment and education. (Introduction to telemedicine and types of teleconsultation : study guide / N.M. Nurillaeva, B.T. Khalmukhamedov, **V.I. Toshmatova** .- Tashkent: Science and education, 2023.-102 p.)





“INTRODUCTION TO TELEMEDICINE AND TYPES OF TELECONSULTATION”

A manual designed for future family doctors that focuses on integrating telemedicine into daily practice is closely aligned with Sustainable Development Goal 3 (SDG 3), which aims to ensure healthy lives and promote well-being for all. By educating medical students on how to use telemedicine effectively, the manual empowers future doctors with tools for providing accessible and timely healthcare. Telemedicine enables remote diagnosis, treatment, and follow-up care, making medical services more accessible, particularly in underserved or rural areas where healthcare infrastructure is limited. Additionally, the manual supports continuous education and skill development, equipping doctors to address diverse health needs efficiently. By promoting telemedicine, the manual contributes to SDG 3 targets, such as reducing maternal and child mortality, improving management of chronic diseases, and enhancing healthcare access, ultimately strengthening health systems and ensuring equitable, quality healthcare for all.

UWED SPORTS CLUBS: PROMOTING HEALTH AND WELL-BEING THROUGH ACTIVE ENGAGEMENT

The UWED Sports Club includes a variety of sports sections, such as football, volleyball, basketball, tennis, table tennis, a swimming pool and a gym. Students have the opportunity to stay fit and develop their sports skills through these varied activities. Championships and competitions are held regularly, which encourages healthy competition and team spirit. These events not only contribute to the physical health of students, but also strengthen their mental well-being and socialization, creating an active and supportive community.





ATHLETIC DEVELOPMENT FOR PROMOTING PHYSICAL HEALTH AND WELL-BEING

The athletic development of students is also supported by a compulsory physical education course for first-year students. This course is a full-fledged academic subject and is assessed equally with other disciplines. Students not only engage in various physical exercises and sports, but also learn the basics of a healthy lifestyle, which helps them develop habits that support health and physical well-being.





EMPOWERING HEALTH AND WELL- BEING: THE ROLE OF EMPLOYEES' TRADE UNIONS

The UWED Employees' Trade Union is engaged in protecting the labor rights and interests of the university employees, and also provides social support and health improvement. Among its initiatives is the organization of vouchers to sanatoriums and health centers at discounted prices for employees. This contributes to the strengthening of the health and well-being of the university employees, creating comfortable conditions for rest and recovery. The trade union also participates in improving working conditions and interacting with management on issues related to the well-being of employees.



EMPOWERING HEALTH AND WELL-BEING: THE ROLE OF EMPLOYEES' TRADE UNIONS





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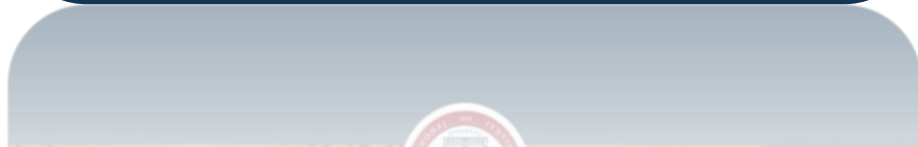
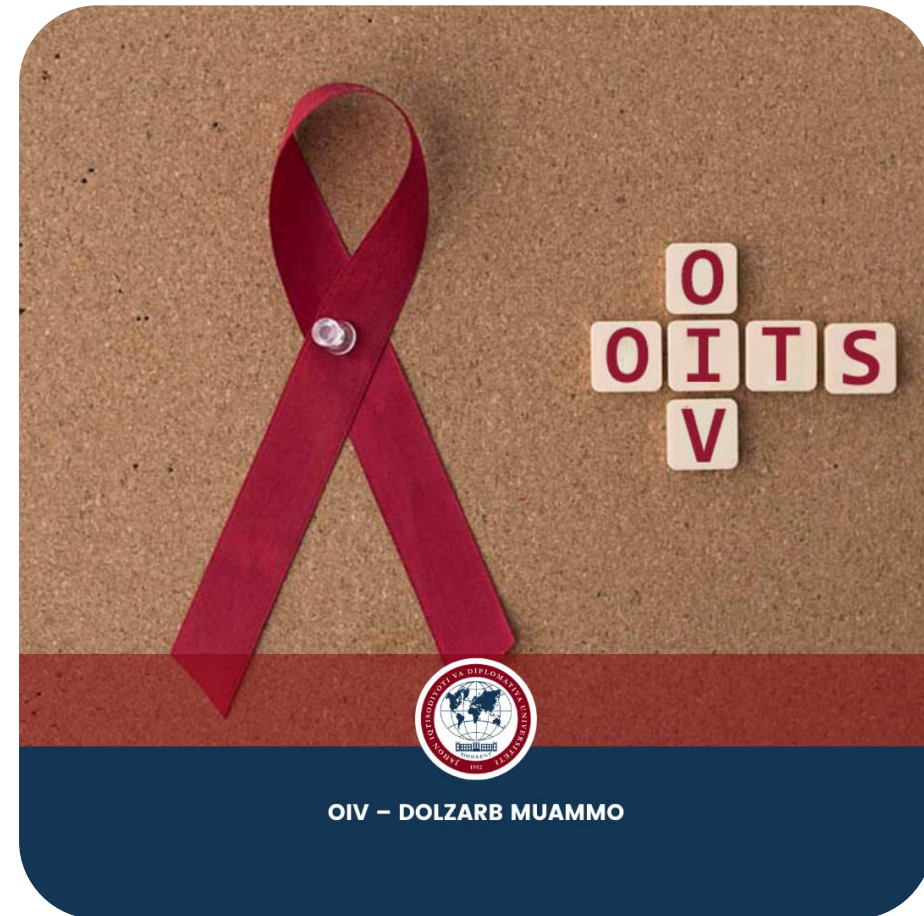
EVENTS AND PROJECTS FOR PROMOTING GLOBAL HEALTH AND WELL-BEING

- On February 18, 2023, the UWED hosted the opening ceremony of the [UWED Chess Club](#), organized jointly with the Agency for Youth Affairs. The opening was accompanied by welcoming remarks from the vice-rectors and a video message from the Chairman of the Uzbekistan Chess Federation. After the ceremony, a chess tournament was held among 100 students using the Swiss system. The creation of a chess club contributes to the development of logical thinking, concentration and mental well-being of students, which is in line with the goals of SDG No. 3.
- On November 30, 2023, UWED hosted an event to raise awareness of the dangers of [HIV/AIDS as part of World HIV/AIDS Day](#). Prevention methods, the importance of timely testing and antiretroviral therapy were discussed. Students and participants were reminded of the seriousness of the disease and precautions to maintain health. The event highlights the university's commitment to health and well-being, which is in line with SDG 3.

On February 17, 2023, UWED hosted an event dedicated to [the legacy of Alisher Navoi and Zakhiriddin Muhammad Babur](#). It included cultural performances, presentations, and quizzes for students that emphasized the importance of spiritual and historical values. This event has a positive impact on the mental health and well-being of students through maintaining cultural identity and participating in social life.



EVENTS AND PROJECTS FOR PROMOTING GLOBAL HEALTH AND WELL-BEING





"ZAKOVAT: FOSTERING MENTAL WELL-BEING THROUGH INTELLECTUAL ENGAGEMENT"

The intellectual Olympiad “ZAKOVAT”, held on December 12, 2023 at UWED, contributes to the implementation of SDG 3, as such events support the mental health and development of students. The Olympiad helps to improve cognitive abilities, strengthen self-confidence and develop critical thinking skills. These aspects contribute to the overall well-being of participants, helping to create an environment in which intellectual development is complemented by care for mental health.





SYSTEMATIC EVENTS ON REPRODUCTIVE HEALTH: ADVANCING FEMALE STUDENTS' WELL-BEING

Systematic events by UWED organized against advancing SDG 3: Good Health and Well-Being by fostering a culture of health awareness and support among students. These events serve as an educational platform, addressing critical health issues such as reproductive health, mental well-being, and overall physical health. By providing a structured and regular approach to health-related discussions, workshops, and seminars, UWED ensures that students are informed about essential topics, empowering them to make informed choices about their health. Specifically, events focused on reproductive health among female students not only raise awareness but also reduce stigma, creating an open environment for discussion. Moreover, these initiatives encourage healthy habits and behaviors, such as regular physical activity, stress management, and balanced nutrition, all of which contribute to improved mental and physical well-being. In this way, UWED's systematic approach to health events directly contributes to creating a supportive campus environment that aligns with the global goals of SDG 3, promoting holistic well-being for all students.

Women's Health Awareness Community Engagement Program

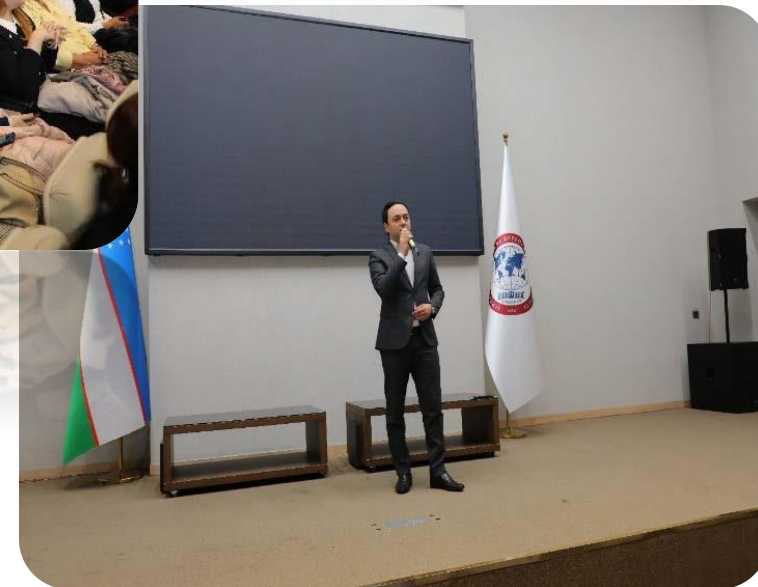
**Transforming Communities
by Enhancing Women's Health**





MEETING ON "ENLIGHTENMENT AGAINST IGNORANCE" AT THE UNIVERSITY OF WORLD ECONOMY AND DIPLOMACY

The "Meeting on Enlightenment Against Ignorance" on 4th December of 2023 was dedicated to Sustainable Development Goal 3 (SDG 3), which seeks to ensure healthy lives and promote well-being for all. By promoting knowledge and dispelling misconceptions, such initiatives foster a more informed public that is better equipped to make health-conscious decisions. Enlightenment efforts often involve educating communities about critical health issues, such as disease prevention, mental health, and access to medical resources, thereby empowering individuals to protect and improve their health. Additionally, this meeting could address topics like vaccination, hygiene, and nutrition, which are essential to reducing preventable diseases and supporting SDG 3's goals. By challenging ignorance with evidence-based information and community engagement, the initiative helps build a culture of well-being, reduces health disparities, and supports resilient, informed communities.





UNIVERSITY-LED INITIATIVES FOR PROMOTING GOOD HEALTH AND WELL-BEING

- In 2023, the University of World Economy and Diplomacy (UWED) actively contributed to the promotion of SDG 3, aimed at ensuring health and well-being. Various initiatives, including the opening of the Chess Club, sports and cultural events, and lectures on disease prevention, helped maintain the physical and mental health of students. These efforts strengthen the sense of community and create conditions for the full development of students. Continuing such initiatives contributes to the creation of an environment where health and well-being are priorities.



EVERYONE CAN HELP TO MAKE SURE THAT WE MEET THE GLOBAL GOALS

"Empowering Change, Shaping Futures:
University Actions for a Sustainable World"