

Health and Well-being

Since its foundation, Samarkand State University has been conscious of its obligations to its leaders, staff members, and students. We believe that better health and well-being are crucial for improved performance at work.

When you have to balance a heavy workload and a variety of additional duties, life for university staff and students might be a little difficult.

We offer student and employee counseling as per need. We have primary health services for all, if you are not feeling well. Our disability team extends necessary support for disabled people. In the event of trauma or if you need emotional support. You can call on xxxxxxxx.

Counseling:

Negmatova Shakhzoda Shukhratovna, vice-rector of youth affairs, controls and regulates a suitable counseling facility for all students and staff with the aid of academics from the psychology department and other departments including youth organization in order to ensure the improved mental health of students and employees. We do the following activities to achieve better mental health:



- Individual consultations
- Health information
- Cognitive training
- Career assessment
- Workshops

- Peer support group
- Counseling activities led by students leaders

Health Service:

The Student Health Services are the medical and wellness services available to all registered Samarkand State University students. Health Services renders accessible and comprehensive primary health care services including health promotion programs to all registered students as well as employees. We are equipped with essential equipment, services, and trained staff.



We provide the following services:

- Curative services
- Family planning consultations
- Preventive programs
- Emergency assistance
- Ambulance services
- Screening
- Dietary consultations
- Counselling services

Disability Unit:

Samarkand State University recognizes and believes that all students are equal and disabled students need special assistance and attention. We promote the active participation of disabled students in all activities of the university.

The vice-rector for youth affairs and youth organizations' offices house the disabilities unit. By designating leaders there, these departments work in collaboration with other departments and faculties to serve students with disabilities.



We provide them with active help by following steps:

- Assistive technological support.
- Adapted text arrangements.
- Facilitation of tests and examinations for students with disabilities.
- Orientation and mobility programs.
- Academic and learning support.
- Accessible classrooms, labs, and other areas.
- Support groups for physical and mental help.

Fitness:

We believe that a sound mind stays in a sound body. Samarkand State University not only nourish students' intellectual development but also their fitness and physical health. Our indoor and outdoor fitness and sports areas provide ample opportunity to all students for making themselves fit by playing football, gym, athletics, and many more games. For games, there are game-specific instructors, who guide students for playing games at an optimum level.

Our instructors are shaping many students in such a way that they can achieve and win medals in competitions at the state, national, and international level.



Samarkand State University is committed to providing necessary health, fitness, and sports facilities to all stakeholders.