SUSTAINABLE DEVELOPMENT GOAL NO. 3 “GOOD HEALTH AND WELL-BEING”



In the twenty-first century, health is increasingly understood as a comprehensive state of physical, psychological, social, and existential well-being. Pandemics, wars, global security crises, information overload, and the accelerating pace of life are transforming the very understanding of human vulnerability and resilience.

For Ukraine, the issue of health in 2025 remained inseparably connected with the consequences of the full-scale war. Prolonged stress, forced displacement, loss of stability, psychological trauma, and the overburdening of healthcare systems have created new challenges both for society as a whole and for the university community.

Under these circumstances, the university serves as an environment of support, safety, psychological stability, and the cultivation of a culture of care for the individual.

In 2025, V. N. Karazin Kharkiv National University continued implementing Sustainable Development Goal No. 3 through:

- the development of medical education;
- support for mental health;
- scientific research;
- awareness-raising activities;
- promotion of a healthy lifestyle culture;
- creation of a safe university environment.

MEDICAL EDUCATION AS A COMPONENT OF SOCIAL RESILIENCE

In 2025, the medical faculties of Karazin University continued training healthcare professionals while responding to contemporary challenges in medical practice and humanitarian security.

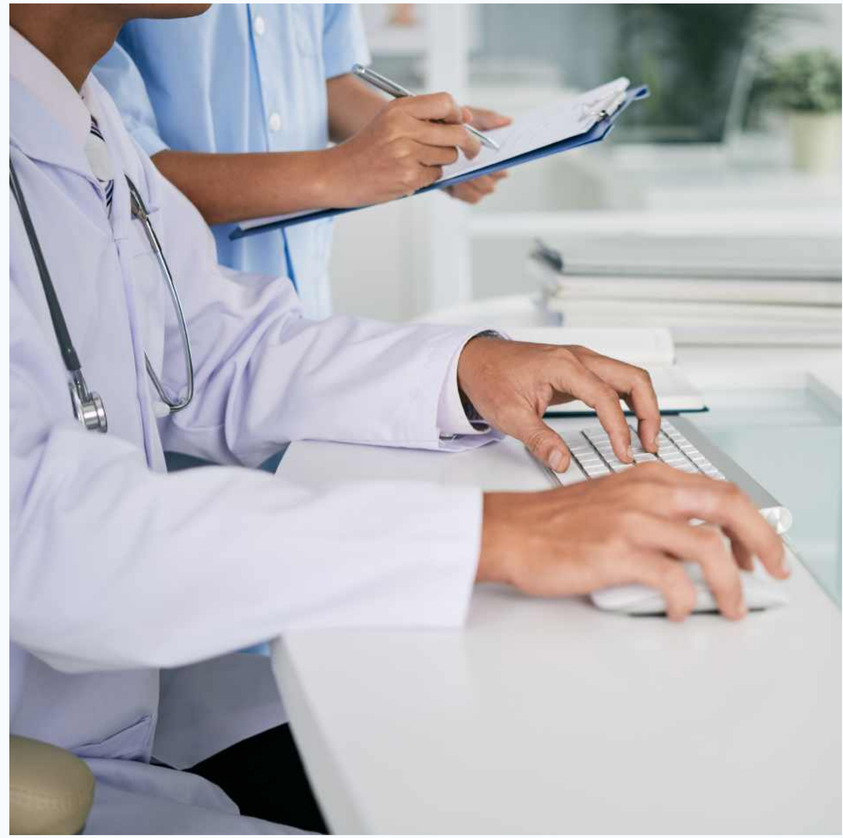
The educational process combined:

- fundamental medical training;
- clinical practice;
- development of ethical responsibility;
- interdisciplinary approaches;
- skills for working under crisis conditions.

Particular importance was attached to developing future medical professionals':

- stress resilience;
- crisis communication skills;
- understanding of the psychosocial consequences of war;
- culture of empathy and professional responsibility.

The University proceeds from the understanding that modern medicine requires not only high professional competence but also a humanistic vision of the individual.



SUPPORT FOR THE MENTAL HEALTH OF THE UNIVERSITY COMMUNITY

In 2025, one of the key areas of the University's activities remained the support of the psychological well-being of students and staff.

The war significantly transformed the everyday psychological experience of the university community. A substantial proportion of students and academic staff continued living under conditions of:

- chronic stress;
- uncertainty;
- loss;
- forced displacement;
- information overload.



Under these circumstances, the University's psychological services provided:

- individual counseling;
- crisis psychological assistance;
- support groups;
- psychoeducational activities;
- stress resilience training.

Special attention was devoted to:

- adaptation of first-year students;
- support for internally displaced persons;
- assistance to students who experienced traumatic events;
- prevention of emotional burnout.

3 GOOD HEALTH AND WELL-BEING

SCIENTIFIC RESEARCH IN MEDICINE AND BIOMEDICAL SCIENCES



In 2025, researchers of Karazin University continued studies in the fields of:

- clinical medicine;
- biomedicine;
- pharmacology;
- genetics;
- biochemistry;
- public health.

Interdisciplinary scientific approaches make it possible to combine fundamental research with urgent societal needs.

Particular attention was paid to:

- studying the consequences of prolonged stress;
- psychophysiological aspects of adaptation;
- public health challenges during wartime;
- the impact of environmental factors on human health.

University science is increasingly oriented toward integrating natural sciences, medicine, and the social sciences and humanities into a comprehensive understanding of health.

PROMOTING A CULTURE OF HEALTHY LIVING

In 2025, the University continued implementing initiatives aimed at promoting:

- *physical activity;*
- *disease prevention;*
- *balanced lifestyles;*
- *cultures of self-help and mutual support.*

Sports clubs, public events, awareness lectures, and university projects contributed to understanding health as a daily practice of caring for oneself and others.

Under wartime conditions, particular importance was attached to recognizing the connection between physical condition and psychological resilience.



A SAFE UNIVERSITY ENVIRONMENT

In 2025, Karazin University continued efforts to ensure safe conditions for study and work.

Under wartime risks, particular attention was devoted to:

- *safety protocols;*
- *access to shelters;*
- *organization of distance and blended learning;*
- *crisis communication.*

The safety of the university environment is regarded as the foundation of trust, stability, and psychological well-being within the community.

INCLUSIVENESS AND ACCESS TO MEDICAL AND PSYCHOLOGICAL SERVICES

3 GOOD HEALTH AND WELL-BEING

The University continued developing an inclusive environment and supporting individuals with special needs.

In 2025, measures were implemented to:

adapt the educational environment;
support students with disabilities;
provide psychological assistance;
develop a culture of non-discrimination.

The University understands inclusiveness as an ethical principle defining attitudes toward human vulnerability and every individual's right to full participation in community life.

INTERNATIONAL COOPERATION AND THE GLOBAL CONTEXT OF HEALTH

In 2025, Karazin University continued international cooperation in the fields of:

medicine;
public health;
psychology;
biomedical research.

International partnerships contributed to:

academic mobility;
exchange of experience;
development of joint research projects;
integration of Ukrainian science into the global context

The university community recognizes that health is a global challenge requiring international solidarity and interdisciplinary approaches.

THE HUMANISTIC DIMENSION OF HEALTH

In 2025, Karazin University continued shaping a humanistic understanding of health as a fundamental value of human life.

In the modern world, health means not only physical endurance, but also:

- the ability to maintain social connections;
- preserving psychological balance;
- adapting to change;
- sustaining a sense of self-worth and future perspective.

CONCLUSIONS

In 2025, Karazin University continued implementing Sustainable Development Goal No. 3 through the integration of:

- medical education;
- scientific research;
- psychological support;
- promotion of healthy lifestyle culture;
- development of an inclusive environment;
- ensuring safe conditions for study and work.

Under wartime conditions, the university community became especially aware that health constitutes the foundation of social resilience. For Karazin University, caring for health also means caring for human dignity, the right to a safe future, and the individual's ability to remain oneself even during periods of global instability.