



"APPROVED"

**Rector of the Fergana medical
institute of public health**

A.Sidikov

2025 year



Fergana medical institute of public health

Healthy and Quality Life Policy

FMIPH attaches importance to the task of ensuring the sustainability of a healthy and quality life by doing its part in protecting health and combating diseases in order to leave a better world for future generations. FMIPH healthy and quality life policy covers the following issues:

- It aims to improve the health of everyone living, learning and working on campus.
- It trains personnel who will provide qualified workforce to meet the needs in the field of health through the associate, undergraduate and graduate programs (master, doctorate, specialization in medicine, dentistry and pharmacy, minor specialization in medicine).
- It plans the working and learning environment in a way that supports health and creates socially and physically supportive environments.
- It creates a quality health and social services network for employees and students.
- It cooperates with local, national and international health institutions in the fields of health protection and fight against diseases.
- It organizes health-themed activities for the local people in order to ensure that the knowledge about the field of health produced at the university meets the society.
- It makes the necessary arrangements, develops and operates physical and mental health support systems for employees and students to improve

employee performance, increase academic efficiency and productivity, and to protect and improve mental health for a more motivated workforce.

- It determines policies to limit addictive substance use (such as tobacco-free campus, drug-free campus), tries to create a campus culture in this context, and organizes activities for the dissemination of these policies at the local and regional level.
- It works to facilitate and expand access to sexual health and reproductive services.
- access to protective, preventive and therapeutic services, especially sexual health, prevention of substance and tobacco use and mental health .
- It provides healthy, accessible and sustainable nutrition opportunities on campus.
- Makes arrangements for active life. Sports ensure that social and cultural structures are accessible and widely used by the inhabitants of the city.

FMIPH has taken important steps in the last 10 years in terms of healthy and quality life. In the next period, it continues its preparations to take a role in maintaining a healthy and quality life both nationally and globally. It aims to promote and disseminate the protective and preventive works carried out on the campus, locally and nationally, as *the A FMIPH Model* .