

Sustainable Development Goals



Report for 2025/2026

October 2026, Tashkent



ABOUT TASHKENT STATE UNIVERSITY OF ORIENTAL STUDIES

The academic structure of TSUOS includes 2 faculties, 2 institutes, 8 higher schools, and 9 academic departments. The university currently offers 19 bachelor's programs, 17 master's specialisations, and 12 doctoral research areas, supporting the development of future scholars, diplomats, translators, and regional experts. In addition, more than 50 research and student centres, clubs, committees, and other academic and social units operate at the university, supporting research activities, student engagement, and interdisciplinary collaboration.

WHAT IS OUR GOAL?

TSUOS aims to contribute to sustainable development by providing inclusive, high-quality education, advancing research and innovation, and preparing graduates with the knowledge and skills needed to address contemporary global and regional challenges. As a multidisciplinary institution specializing in Oriental Studies, TSUOS develops highly qualified specialists capable of interpreting languages, analysing socio-political and economic processes, and fostering intercultural dialogue and international cooperation.

The University is committed to continuously improving the quality of education in line with international standards, strengthening research capacity, enhancing the professional and pedagogical skills of academic staff, and promoting lifelong learning. By integrating cultural heritage, ethical values, innovation, and global perspectives into education and research, TSUOS seeks to empower students to become responsible professionals and active contributors to society.



FOREWORD

At Tashkent State University of Oriental Studies, we recognise the importance of the United Nations Sustainable Development Goals (SDGs) as a global framework for building a more inclusive, equitable, and sustainable future. As a higher education institution, we are committed to contributing to the achievement of these goals through quality education, research, international cooperation, and responsible institutional development.

Our university seeks to integrate the principles of sustainable development into its academic activities, research initiatives, and engagement with society. We place particular importance on promoting equal opportunities, fostering intercultural understanding, supporting environmental responsibility, and strengthening partnerships with national and international institutions.

We believe that universities have a vital role in advancing the 2030 Agenda for Sustainable Development, not only by educating future generations but also by generating knowledge, encouraging innovation, and fostering cooperation across cultures and disciplines. At TSUOS, we remain committed to strengthening our contribution to this shared global endeavour and continuously improving our practices in line with the principles of sustainability.

Achieving the Sustainable Development Goals requires collective commitment and sustained action. We will continue working together with our academic community, students, staff, and partners to support a more sustainable future for Uzbekistan and the wider international community.

Prof. Gulchekhra Rikhsieva
Rector of Tashkent State University
of Oriental Studies



INTRODUCTION

The United Nations Sustainable Development Goals (SDGs), adopted as part of the 2030 Agenda for Sustainable Development, provide a global framework for addressing major social, economic, and environmental challenges. Higher education institutions play a significant role in advancing this agenda through education, research, community engagement, institutional policies, and international cooperation. Tashkent State University of Oriental Studies recognises its responsibility to contribute to these global priorities and is committed to integrating the principles of sustainable development into its academic and institutional activities.

The Times Higher Education (THE) Sustainability Impact Ratings is a global ranking that assesses the contributions of higher education institutions to the achievement of the United Nations Sustainable Development Goals. The 2026 edition assessed 1,646 universities from 116 countries and territories, evaluating their performance across the 17 individual SDGs and the overall ranking. The results, officially announced on 25 June 2026, reflect the growing importance of sustainability and the role of universities in addressing global challenges.

In the THE Sustainability Impact Ratings 2026, TSUOS was placed in the 1001–1500 band in the overall ranking. Having submitted data for five SDGs, the university demonstrated progress across several areas compared with the previous edition. TSUOS achieved a ranking of 400–601 for SDG 2 (Zero Hunger), SDG 4 (Quality Education), SDG 8 (Decent Work and Economic Growth), and SDG 16 (Peace, Justice and Strong Institutions). Notably, its position for SDG 4 improved from 1001–1500 in 2025 to 400–601 in 2026. For SDG 17 (Partnerships for the Goals), TSUOS achieved a ranking of 1001–1500, improving from 1500+ in the previous edition.

These results reflect the university's ongoing efforts to strengthen its contribution to sustainable development through



educational initiatives, research activities, institutional development, and collaboration with national and international partners. At the same time, they highlight opportunities to further improve sustainability practices, expand the scope of institutional engagement, and strengthen the systematic collection and documentation of evidence related to the SDGs.

This report presents TSUOS's policies, initiatives, activities, and achievements in relation to the Sustainable Development Goals. It aims to demonstrate the university's contribution to the 2030 Agenda, document progress through relevant evidence and indicators, and identify areas for continued development. Through these efforts, TSUOS seeks to reinforce its commitment to responsible higher education, inclusive development, and meaningful cooperation towards a more sustainable future.

Goal 3: Good Health and Well-being



*Ensure healthy lives and promote well-being
for all at all ages*

In 2025, financial assistance was provided to 66 university staff, of whom 28 received support for health-related needs and 11 received assistance due to illness (refer to 6th page of the [Annual Report of Trade Union](#)).

Sport activities

Student Sports Festival and Cycling Marathon 2025



Tashkent State University of Oriental Studies organised activities to promote physical activity and a healthy lifestyle among students, including the “Oriental Studies Students’ Sports Festival 2025” award ceremony and a cycling marathon. These activities encouraged student

participation in sports, promoted regular physical activity, and contributed to raising awareness of the importance of an active lifestyle, supporting SDG 3: Good Health and Well-being.

University Staff Sports Competitions: “Sport Is the Guarantee of Health”

On 25 October 2025, TSUOS organised sports competitions for academic and administrative staff under the slogan “Sport Is the Guarantee of Health,” in connection with Uzbekistan Trade Unions Day



and the 120th anniversary of Uzbekistan's trade unions. The competitions included mini-football, chess, table tennis, draughts, and badminton. The event encouraged physical activity, recreation, and social engagement among university employees, contributing to staff well-being and the promotion of a healthy lifestyle.

Meeting with Student Athletes and University Sports Competitions

On 19 March 2026, TSUOS Rector Gulchekhra Rikhsieva met with student athletes to discuss their sporting achievements, future plans, opportunities for development, and proposals for improving university



sports activities. As part of the event, students participated in competitions in wrestling, table tennis, basketball, and tug of war. The initiative supported student engagement in sports and promoted physical activity and well-being within the university community, contributing to SDG 3.

“Ten Thousand Steps for a Healthy Life” Marathon



As part of Sports Week at Termez State University, TSUOS Rector Gulchekhra Rikhsieva participated in the “Ten Thousand Steps for a Healthy Life” marathon alongside university leaders, academic staff, and students from across Uzbekistan. The

event aimed to promote a healthy lifestyle, encourage walking and regular physical activity, and support the development of mass sports. By raising awareness of the importance of active living, the marathon contributed to the objectives of SDG 3: Good Health and Well-being.

Video Campaign Promoting a Healthy Lifestyle



Academic staff of the Department of Economics and Management at Tashkent State University of Oriental Studies produced an awareness-raising video promoting a healthy lifestyle among young people. The initiative aimed to encourage students to prioritise their health, adopt positive daily habits, and maintain an active lifestyle. Through this educational video, the University contributes to raising health awareness and promoting well-being among students, in line with SDG 3: Good Health and Well-being.

Psychological Support for Students and Staff

TSUOS employs a professional psychologist who provides psychological support to students and university staff, contributing to their mental well-being and emotional health. This service helps promote a supportive university environment and reflects TSUOS's commitment to mental health and well-being in line with SDG 3: Good Health and Well-being.

Some of the psychological support and mental health awareness activities organised by the university psychologist are listed below.



– Psychological Support for Students in University Dormitories — 6 October 2025

University psychologist Barno Kalonova visited student dormitories to support students' well-being. The visit focused on fostering a healthy psychological environment, encouraging a meaningful use of free time, and promoting healthy lifestyle habits and responsible behaviour.

– Motivational Psychological Training for Female Students — 6 October 2025

The university psychologist, together with active members of the Young Psychologists Club, conducted motivational training sessions entitled “How Beautiful Life Is” and “Share Happiness.” The sessions aimed to strengthen female students' psychological well-being, cultivate gratitude, and support their social and intellectual



development through interactive psychological activities.

– *Psychological Seminar and Assessment for First-Year Students — 21 October 2025*

University psychologist Barno Kalonova conducted a psychological seminar and training session for first-year Economics students at the Institute of Foreign Policy and International Economic Relations. The activity focused on supporting students' social and psychological development, emotional resilience, healthy interpersonal relationships, and communication skills. Psychological tests and questionnaires were also administered to help identify students' individual characteristics and support their development.



– *Psychological Approaches to Inclusive Education — 14 November 2025*

TSUOS organised a seminar and training session for academic staff and tutors entitled “Psychological Approaches to Organising Education for Persons with Disabilities.” Led by university psychologist Barno Kalonova, the session addressed



individualised approaches to supporting persons with disabilities and the importance of considering their psychological needs in educational settings. The event promoted awareness of inclusive education and the creation of a supportive learning environment.

– *Identification and Prevention of Aggressive Behaviour among Students — 27 November 2025*

University psychologist Barno Kalonova conducted a psychological assessment using the L. G. Pochebut questionnaire among first-year Korean-language students in the Philology programme. Organised in cooperation with the group tutor, the activity aimed to identify indicators of aggressive behaviour and inform appropriate psychological support and corrective interventions.



– *Psychological Support Training for University Tutors — 9 January 2026*



University psychologist Barno Kalonova conducted a seminar and training session for university tutors entitled “The Practical Importance of Identifying the Psychological Characteristics of Students

Experiencing Difficulties.” The session focused on recognising students’ psychological needs and strengthening tutors’ ability to identify challenges at an early stage and provide appropriate support.

– *Awareness-Raising Event on Genetic Diseases and Healthy Family Formation — 7 May 2026*



TSUOS organised an awareness-raising event for female students on the prevention of rare and hereditary genetic diseases, healthy family formation, and the birth of healthy children. The event involved university psychologist Barno Kalonova, tutor Dildora Elmurodova, and paediatric geneticist

Dilorom Abulqosimova from the Mirobod District Central Multidisciplinary Polyclinic. Participants received information about hereditary diseases, their transmission, associated medical and psychological needs, and the importance of premarital medical examinations. The initiative promoted health awareness and preventive approaches to family and reproductive health.

– *Community Health Awareness on Genetic Diseases and Healthy Family Environments — 7 May 2026*



Tashkent State University of Oriental Studies, in collaboration with the chair of the “BANOKATIY” Mahalla Citizens’ Assembly, Nigora Jumanova, and psychologists Barno Kalonova (TSUOS) and Guzal Ahmadova (Tashkent State Transport University), organised an awareness-raising

session for 21 local residents in Mirobod district, Tashkent. The session addressed the prevention of rare and hereditary genetic diseases and the importance of creating a healthy family

environment. Participants received information about genetic disorders, their transmission across generations, potential consequences, and the importance of premarital medical examinations. The activity promoted preventive health awareness and healthy lifestyle practices within the local community, contributing to SDG 3: Good Health and Well-being.

– *Health Literacy and Disease Prevention among Female Students* — 4 May 2026



The Women's Affairs Adviser of the Faculty of Eastern Civilisations and Philosophy, M. Maturazova, organised a health education event to improve female students' medical literacy. Specialists A. Shirinova and nurse D. Musaeva from the Mirobod District Central Multidisciplinary Polyclinic provided information on the prevention of human immunodeficiency virus (HIV) transmission and acquired

immunodeficiency syndrome (AIDS), as well as hereditary genetic diseases and measures to promote the birth of healthy children. The event provided students with practical health information and guidance on healthy lifestyle choices, disease prevention, and reproductive health, supporting the objectives of SDG 3.