



2024 REPORT

On the Good Health Program

Ensuring healthy lifestyle and well-being for everyone at all ages at IEU

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Over 2024, the Good Health Program of International European University has become the evidence of our commitment to maintain and improve health and well-being of our students, lecturers and staff. Within this year, our university community has been focusing on numerous initiatives and activities to create a healthy environment and support our mission.

Healthy academic environment:

- We kept providing students and lecturers with access to convenient sports facilities and fitness centers, yoga classes on campus.
- We organized lectures and seminars on psychological well-being and stress management to improve mental health of the community.

Physical health maintenance programs:

- We developed and implemented regular physical training and group classes in different sports: fitness, yoga, cardio exercises.
- We organized sports competitions and tournaments for students and lecturers.

Healthy eating behavior:

- University cafes and restaurants continued to introduce menus with healthy and seasonal products.
- We organized lectures and workshops on proper nutrition and balanced diet.

Mental health maintenance:

- We provided students and staff with consultations and psychological support in cases of stress or emotional difficulties.
- A support line was launched to assist in crisis situations.

Education and awareness projects:

- We organized a healthy lifestyle week filled with various activities and lectures.

- We conducted educational campaigns on prevention of bad habits and responsible attitude to health.

Cooperation with the community:

- Interested students and lecturers took part in city and regional events and charity campaigns to improve public health.

In 2024, our Good Health Program kept ensuring healthy lifestyle and promoting well-being for everyone at IEU. We are going to develop these initiatives and advance our approach to maintain health and well-being of our university community.