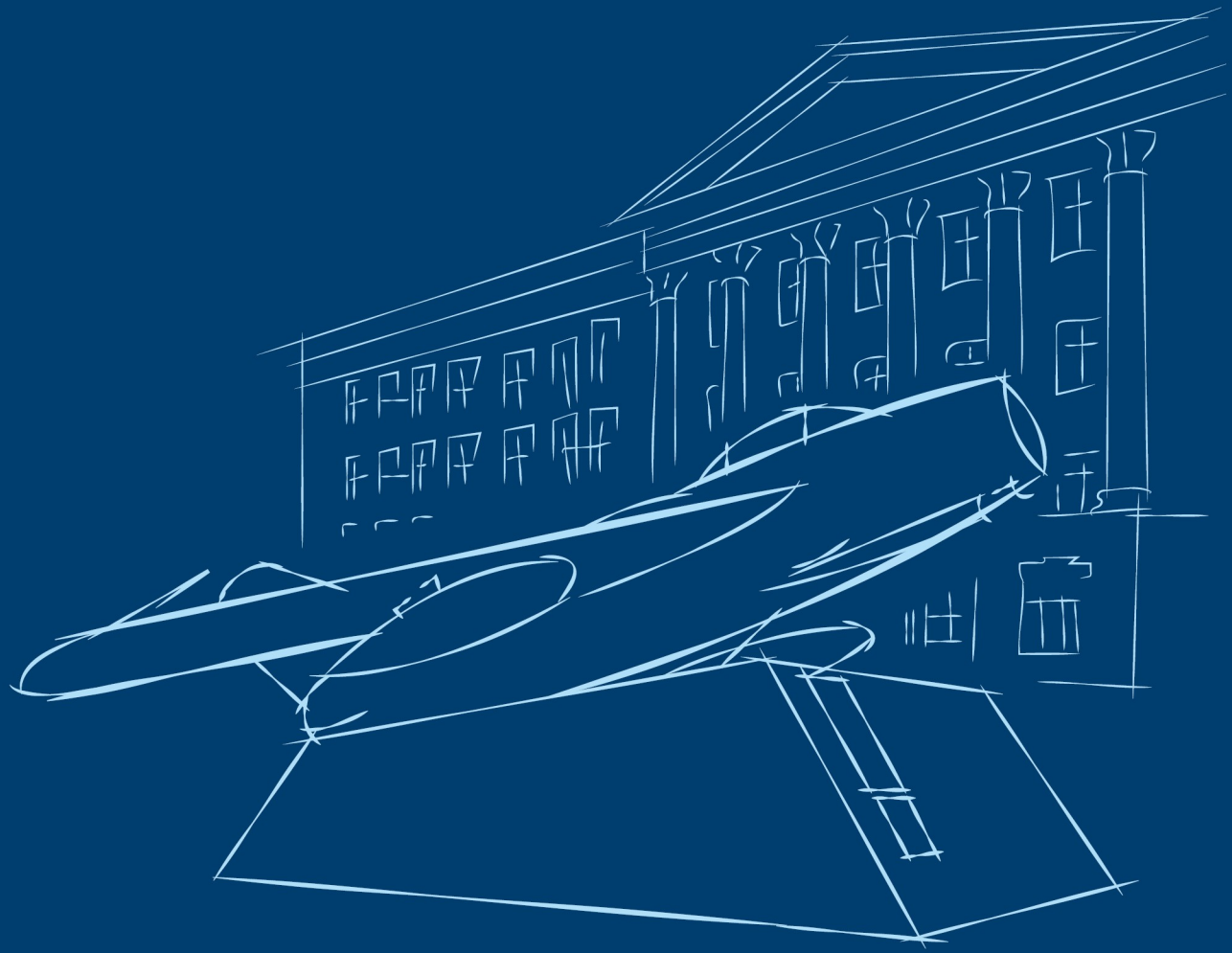
НАЦІОНАЛЬНИЙ
АЕРОКОСМІЧНИЙ УНІВЕРСИТЕТ
«ХАРКІВСЬКИЙ АВІАЦІЙНИЙ ІНСТИТУТ»

NATIONAL AEROSPACE UNIVERSITY
«KHARKIV AVIATION INSTITUTE»

3 Good Health and Well-Being



1. Organization of Sports and Wellness Activities

Organizing sports and wellness activities is an important aspect of fostering a healthy educational environment at the National Aerospace University “Kharkiv Aviation Institute.” The university’s activity program includes regular competitions in various sports, health days, sports festivals, and marathons, all aimed at promoting an active lifestyle among students and staff.

An important task is the restoration and development of the KhAI basketball club, creating conditions for its training and participation in city and nationwide tournaments. The university systematically supports student teams in both traditional and new sports, providing training facilities, sports equipment, and opportunities for athletes to compete at various levels. Such activities contribute to strengthening team spirit, improving the physical and psychological health of young people, and fostering a culture of sports and mutual support within the university community.

2. The development of psychological support programs is a priority area of activity at the National Aerospace University "Kharkiv Aviation Institute."

To strengthen the mental health of students and staff, the university implements counseling services, group sessions, and individual support programs. Special attention is given to conducting training on stress resilience, self-regulation skills, and anxiety management, as well as activities aimed at preventing emotional burnout.

The university collaborates with professional psychologists and external consultants, developing informational campaigns and educational materials that promote awareness of mental well-being. Such systematic efforts help create a safe, supportive, and friendly environment where every member of the university community can receive timely assistance and support.

3. The activities of the Office for Equality, Inclusion, and a Safe Environment at the National Aerospace University "Kharkiv Aviation Institute" are aimed at creating a supportive and welcoming educational space.

The Office for Equality, Inclusion, and Safe Environment at the National Aerospace University "Kharkiv Aviation Institute" works to create a supportive and inclusive educational environment.

Efforts are also being made to promote a culture of mutual respect, prevent discrimination, and create a safe environment within the university community. Through educational events, training sessions, and support programs, the Office contributes to strengthening psychological well-being and enhancing trust and social cohesion at the university.

4. Collaboration with medical institutions and clinics is an important component of social support at the National Aerospace University “Kharkiv Aviation Institute.”

The university ensures access to basic medical services for dormitory residents and internally displaced persons living on the KhAI campus.

Partnerships with medical institutions enable the prompt provision of consultations, primary healthcare, preventive examinations, and the organization of informational and educational activities on health preservation. Such collaboration helps create safe and comfortable living conditions while supporting a high standard of care for the well-being of the university community.

5. Humanitarian and Medical Initiatives

The National Aerospace University implements a range of humanitarian and medical projects aimed at supporting the local community and people in need. In particular, the university community organizes charity campaigns to raise funds for children's hospitals and medical facilities, involving students, faculty, and partner organizations.

An important area of activity is supporting veterans and the wounded, carried out through volunteer initiatives, social support programs, and participation in rehabilitation activities.

6. Digital Solutions for Healthcare

The National Aerospace University “Kharkiv Aviation Institute” is developing the field of innovative digital technologies for healthcare, integrating engineering and IT expertise into the creation of modern eHealth solutions.

The university supports startups and student projects aimed at creating technological systems for monitoring physical and psychological health, mobile applications for mental health support, and self-help platforms. Such activities contribute to the development of an innovative ecosystem, the integration of science and practice, and the formation of future healthcare solutions at both national and international levels.