

Report on the project "EKTU. Otbasy is the territory of Well-being" for December 2021

The aim of the project is to create a favorable environment for the comprehensive development of the EKTU's members. Otbasy. The implementation of a "human-centered" corporate culture: a balance of emotional, intellectual, physical and creative states; programs to support and promote mass sports and health, the formation of a comfortable environment, encouraging a culture of conscious (eco-friendly) consumption.

| | Activity | Outcome | Time frame | Person in charge |
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| Task 1. Replication of Well-Being practices in the University community and society (5 elements of well-being: physical, emotional, professional, financial and social) Podcast: Physical and Emotional Well-being | | | | |
| 1 | Event 1. Monitoring of physical and emotional health among employees and students | 1. Development of checklists "Creating a safe and comfortable environment in the field of health and sports", and "Creating a safe environment for psychological health and improving the quality of life" | 20.12.2021- 23.12.2021 | Akhaev A.V. Sarsembaeva A.A. |
| | | 2. Development of an electronic questionnaire by link https://docs.google.com/forms/d/e/1FAIpQLSfHwLPXH1EpQu42MCMxwPHwczSj0xrROnCSsUZr1NSimQp1pg/viewform | 25.12.2021- 31.01.2022 | Zuev V.N. |
| | | 3. Processing of the received data, preparation of an analytical reference | 01.02.2022- 08.02.2022 | Akhaev A.V. Sarsembaeva A.A. |
| | | 4. Preparation for the publication of an analytical article | 08.02.2022- 15.02.2022 | Akhaev A.V. Daumov B.A. Sarsembaeva A.A. |
| Task 1. Creating an ergonomic working environment and broadcasting practices of transforming university spaces for new learning technologies, modern demands of young people, and meeting the concept of a "green campus" Podcast: A favorable environment and conscious consumption | | | | |
| 2 | Event 2. Creation of welfare zones – students' zones | 1. Monitoring of welfare zones in the main building of D.Serikbayev EKTU. Development of well-being zones' map: a map of infrastructure facilities (15 zones of well-being), Roadmap for the design and reconstruction of zones | 15.01.2022 | Rakhmetullina S.Zh. Sarsembaeva A.A. |

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| | 2. Design development of 15 zones of well-being with different functional directions: photo collages | 15.01.2022-05.02.2022 | Vainberger A.O. Sudakov I.V. Iliasov E. |
| | 3. Design of zone 1. Zone 1. "Students' zone" Purpose: waiting, communication, work on laptops, coworking in small groups in the hall G-1. 1st floor | 5.01.2022-31.01.2022 | Infrastructure Development Department |

Project manager

A. Sarsembaeva