

Report on the project "EKTU.Otbasy - a territory of well-being *Wellbeing" for April 2022

The purpose of the project: Creation of a favorable environment for the comprehensive development of members of the VKTU.Otbasy. Implementation of a "human-centered" corporate culture: balance of emotional, intellectual, physical and creative states; programs to support and promote mass sports and health, create a comfortable environment, encourage a culture of conscious (environmentally friendly) consumption.

	Activities	Outcomes	Time frame	People in charge
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 Wellbeing				
Physical well-being				
1	Direction: Physical well-being. Activity 1. Development of mass sports	1. National school league of the Republic of Kazakhstan on volleyball "Shubar dop" among students of grades 9-11 of the Republic of Kazakhstan on the basis of the Health and Sports Center https://m.facebook.com/story.php?story_fbid=778791363502423&id=100041146989377	7.-14.04.2022	B. Daumov
		2. The final of the student sports league in volleyball of the Republic of Kazakhstan on the basis of the Health and Sports Center https://www.ektu.kz/newsevents/final-studencheskoj-sportivnoj-ligi-po-volejbolu-rk.aspx?lang=ru	18-24.04.2022	B. Daumov
		3. The opening ceremony of the final games of the Student Sports League in volleyball among the eight best women's national teams of universities of the Republic of Kazakhstan https://www.facebook.com/1954045778201046/posts/3540832422855699/?sfnsn=mo	18.04.2022	B. Daumov

		<p>RESULTS OF THE STUDENT SPORTS LEAGUE OF THE REPUBLIC OF KAZAKHSTAN</p> <p>As a result of the games, the winners and winners were determined: I place - Abai Kazakh National Pedagogical University; II place - Zhangir Khan West Kazakhstan Agrarian and Technical University; III place - Khoja Ahmet Yasau International Kazakh-Turkish University. ; IV place - Asfendiyarov Kazakh National Medical S.D. ; V place - D. Serikbaeva East Kazakhstan Technical University. ; VI place - S. Seifulina Kazakh Agrotechnical Universiy VII place - Ilyas Zhansugurov Zhetysu University VIII - place - M. Utemisova West Kazakhstan State University.</p> <p>https://www.facebook.com/100041146989377/posts/792129535501939/?sfnsn=mo</p>	23.04.2022	B. Daumov
2	Activity 2. Introduction to a healthy lifestyle	<p>1. "Health Hour" for students and employees of VKTU named after. D. Serikbaev for students of 1-3 courses More than 285 students took part.</p> <p>https://m.facebook.com/story.php?story_fbid=781953803186179&id=100041146989377&sfnsn=mo</p>	06.04.2022	B. Daumov M. Sabitov S. Maksutov
		<p>2. Coaches of the Center for Health and Sports of the VKTU named after. D. Serikbayev held a physical training session for employees and students of VKTU named after. D. Serikbaev 1-3 courses. More than 53 employees and 243 students took part.</p> <p>https://www.facebook.com/100041146989377/posts/790182605696632/?sfnsn=mo https://www.ektu.kz/newsevents/otkryt-priem-dokumentov-dlya-obucheniya-v-vuzah-evropy-i-ssha.aspx</p>	20.04.2022	B. Daumov E. Shimin, G. Sychev, L. Baydeldinova, D. Altemirova
		<p>Master Class STRONG NATION</p> <p>https://www.ektu.kz/newsevents/v-vktu-proshel-unikalny-master-klass-strong-nation.aspx</p>	23.04.2022	B. Daumov

Emotional well-being				
3	Activity 3. Creation of a psychological service	Opening of a room for psychological support for students and staff of the university. The goal is to create optimal conditions for the rapid and effective removal of emotional overstrain, restoration of working capacity, psychotherapeutic and psychohygienic measures.	13.04.2022	Infrastructure Development Authority psychologist Zharasbayeva N.K. designer Sudakov I.V.
		individual psychological consultations for employees and students are conducted on an ongoing basis, 121 consultations have been held since November 2021. Of these: with students - 97, with employees - 16, family members - 8. https://m.facebook.com/story.php?story_fbid=717015946141864&id=100035003957266&sfnsn=mo		
		Podcast with teacher-psychologist N. Zharasbayeva; appointment and session schedule https://m.youtube.com/watch?v=OUCCLwCLpz8&feature=youtu.be		
Podcast - Enabling environment and conscious consumption				
4	Activity 4. Creating an ergonomic working environment	Installation of a drinking water machine. The cost of 1 liter of water is 10 tenge; promotional video “I choose clean water” “Men taza sudy tandaymyn” https://instagram.com/stories/ektu.kz/2810177460529390344?utm_source=ig_story_item_share&utm_medium=copy_link https://storage.ektu.kz/nextcloud/index.php/s/JqtWoaeFe5xebS9	04.04.2022	Sarsembayeva A.A. Infrastructure Development Authority
5	Activity 5. Creation of well-being zones	1. A furniture catalog has been developed for areas with different target areas: description, specification, design	15.04.2022	Sarsembayeva A.A. Studio 7D Designers Infrastructure Development Authority
		2. Creating a student zone in the lobby on the 1st floor Target focus: communication, work on a laptop, coffee shop	7.04.2022	
		3. Creation of a color and oxygen therapy zone before DDP VERITAS	27.04.2022	

Podcast - Creative personality in a creative environment				
6	Activity 5. Holding of creative competitions	Contest "Miss EKTU-2022" https://www.facebook.com/1954045778201046/posts/3533810446891230/?sfnsn=mo	08.04.2022	Department for Social and Cultural Activities and Youth Policy
		Student spring 2022 План мероприятий: 26.04. – ТК «FTB» 27.04 – ТК «Gormet» 28.04. – ТК «All stars» - concert of student spring graduates of past years 29.04 – Gala concert of the best performances https://www.ektu.kz/newsevents/nachalo-studencheskoy-vesny-2022.aspx	26.04.2022	Department for Social and Cultural Activities and Youth Policy
7	Information support of the project	Information on the Facebook page of the rector of the EKTU named after D. Serikbaev EKTU.Otbasy - territory of well-being https://m.facebook.com/story.php?story_fbid=713323406511118&id=100035003957266&sfnsn=mo Development of physical culture and sports in VKTU https://m.facebook.com/story.php?story_fbid=717701652739960&id=100035003957266&sfnsn=mo National School League of the Republic of Kazakhstan in volleyball "Shubar dop" among students of grades 9-11 of the Republic of Kazakhstan on the basis of the Health and Sports Center https://m.facebook.com/story.php?story_fbid=778791363502423&id=100041146989377 The final of the student sports league in volleyball of the Republic of	April 2022	Sarsembayeva A.A.

Kazakhstan on the basis of the Health and Sports Center
<https://www.ektu.kz/newsevents/final-studencheskoj-sportivnoj-ligipo-volejbolu-rk.aspx?lang=ru>

The opening ceremony of the final games of the Student Sports League in volleyball among the eight best women's national teams of universities of the Republic of Kazakhstan
<https://www.facebook.com/1954045778201046/posts/3540832422855699/?sfnsn=mo>

"Health Hour" for students and employees of VKTU named after D. Serikbaev for students of 1-3 courses
 More than 285 students took part.
https://m.facebook.com/story.php?story_fbid=781953803186179&id=100041146989377&sfnsn=mo

Physical training sessions for employees and students of VKTU named after V.I. D. Serikbaeva 1-3 courses
<https://www.facebook.com/100041146989377/posts/790182605696632/?sfnsn=mo>

Master Class STRONG NATION
<https://www.ektu.kz/newsevents/v-vktu-proshel-unikalny-master-klass-strong-nation.aspx>

Opening of a room for psychological support for students and staff of the university.
https://m.facebook.com/story.php?story_fbid=717015946141864&id=100035003957266&sfnsn=mo

Podcast with teacher-psychologist N. Zharasbayeva; appointment and session schedule
<https://m.youtube.com/watch?v=OUCCLwCLpz8&feature=youtu.be>

	<p>Installation of a drinking water machine. promotional video “I choose clean water” “Men taza sudy tandaymyn”</p> <p>https://instagram.com/stories/ektu.kz/2810177460529390344?utm_source=ig_story_item_share&utm_medium=copy_link</p> <p>https://storage.ektu.kz/nextcloud/index.php/s/JqtWoaeFe5xebS9</p> <p>Contest «Miss EKTU-2022»</p> <p>https://www.facebook.com/1954045778201046/posts/3533810446891230/?sfnsn=mo</p>		
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Project Manager

A. Sarsembayeva