

## Report on the project "EKTU.Otbasy - a territory of well-being \*Wellbeing" for June 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.

	Activity	Outcomes	Time frame	People in charge
<p>Task 1. Replication of Well-Being practices in the university community and society (5 elements of well-being - physical, emotional, professional, financial and social)</p> <p style="text-align: center;"><b>Podcast - Physical and Emotional Wellbeing</b></p>				
<p><b>Physical well-being</b></p>				
1	<p>Activity 1. Development of mass sports</p>	<p>The Republican tournament "Cup of the Republic of Kazakhstan in sports laser tag 2022" was held in Nur-Sultan, Ruslan Pirozhkov, student of the School of Earth Sciences, group 21-LD-1, as part of the youth team from Ust-Kamenogorsk took the 1<sup>st</sup> place.</p> <p><a href="https://www.facebook.com/100001200000373/posts/pfbid0W4qs6dpqt9rYhEuJeJwoKDEQgM4Cr6qSWHj8EnbtcudDAQ6nYPndhKXp_mqFqTPTyl/?sfnsn=mo">https://www.facebook.com/100001200000373/posts/pfbid0W4qs6dpqt9rYhEuJeJwoKDEQgM4Cr6qSWHj8EnbtcudDAQ6nYPndhKXp_mqFqTPTyl/?sfnsn=mo</a></p>	11-12.06.2022	B. Daumov
2	<p>Activity 2. Introduction to a healthy lifestyle</p>	<p>The beginning of the construction of an open sports ground on the territory of the first hostel of the VKTU named after D. Serikbaev. The site will be divided into several zones: a tennis court, a mini-football field, and fields for volleyball and basketball; workout zone, men's and women's locker rooms, judicial and medical booths, benches for relaxation.</p> <p>The project is being implemented with the sponsorship of Kazzinc LLP. The amount of financing is 53 million tenge.</p> <p><a href="https://www.facebook.com/1954045778201046/posts/pfbid0j6iEAB5yfPhhch79D5WGtu9gocbuCnRnRPTkUsm9iMJCybGycpSEJQCAC Tb2CZKI/?sfnsn=mo">https://www.facebook.com/1954045778201046/posts/pfbid0j6iEAB5yfPhhch79D5WGtu9gocbuCnRnRPTkUsm9iMJCybGycpSEJQCAC Tb2CZKI/?sfnsn=mo</a></p> <p><a href="https://www.facebook.com/1825703741/posts/pfbid02wtYjfroWkWx">https://www.facebook.com/1825703741/posts/pfbid02wtYjfroWkWx</a></p>	17.06.2022	B. Daumov

		<a href="https://www.facebook.com/SZnST271TMV3b1KiMsDvnxn1rNeoMqPG8ENpvx54PEnLsDPPJTij6l/?sfnsn=mo">SZnST271TMV3b1KiMsDvnxn1rNeoMqPG8ENpvx54PEnLsDPPJTij6l/?sfnsn=mo</a>		
<b>Emotional well-being</b>				
3	Activity 3. Psychological support for employees and students	<p>Online webinar "Family as a system". Issues of creating a harmonious family and the main features of the family as a system. Join a Zoom meeting There were 21 people present. <a href="https://us02web.zoom.us/j/82106708285...">https://us02web.zoom.us/j/82106708285...</a> Conference ID: 821 0670 8285 Access code: 273452</p> <p>There were 21 people present. <a href="https://us02web.zoom.us/j/82106708285...">https://us02web.zoom.us/j/82106708285...</a> Conference ID: 821 0670 8285 Access code: 273452 Present: 21 people <a href="https://www.facebook.com/1954045778201046/posts/pfbid0ZxMw9uiM8DxQzws2tLRJVvHGUMSWPzv2sGRpjGhdKmQbNnisYMCtdjK887VE9Aagl/?sfnsn=mo">https://www.facebook.com/1954045778201046/posts/pfbid0ZxMw9uiM8DxQzws2tLRJVvHGUMSWPzv2sGRpjGhdKmQbNnisYMCtdjK887VE9Aagl/?sfnsn=mo</a></p>	22.06.2022 15.00	Zharaspayeva N.K.
<b>Podcast - Enabling environment and conscious consumption</b>				
4	Activity 4. 4.1 Creating an ergonomic working environment Student initiatives	<a href="https://m.facebook.com/story.php?story_fbid=578711540441634&amp;id=100049083787002">https://m.facebook.com/story.php?story_fbid=578711540441634&amp;id=100049083787002</a> Greennik startup project of EKTU students on healthy eating	June 2022	Zakimova A.M.
		Meeting of the working group on the distribution of wardrobes among students of schools / faculties and the Higher IT College of the EKTU named after D. Serikbaev in the 2022-2023 academic year. Present: Sarsembayeva A.A., Zhanabaeva G.N., Khvan V.S., Ayankyzy A. - Chairman of the Committee for Children's Affairs	20.06.2022	Sarsembayeva A.A.
		Creating a photo zone in the 1st floor lobby Working group: 6 1st year students of the AR (development of design based on anime in graffiti style, selection of colors, creation of a photo zone) <a href="https://www.facebook.com/100001238805338/posts/pfbid0ozdu8b45">https://www.facebook.com/100001238805338/posts/pfbid0ozdu8b45</a>	30.06.2022	Hwang V.S.

		<a href="https://www.facebook.com/1954045778201046/posts/pfbid02YREi3qoBC8y6Cq2XESAd94ncDmMDgKcEDwERoD2JmjeRyW4Xoz11DNF47tAW9hLtl/?sfnsn=mo">HPbNsLm8nc9Fj5e4jTNofzR7L5nUZpmSUiNhyozUAeVYhWYGnagHbdzzl/?sfnsn=mo</a>		
<b>Podcast - Social Wellbeing and Social Responsibility</b>				
<b>Social Wellbeing</b>				
5	Activity International Children's Day	For the children of university employees, the trade union committee of the VKTU held a festive event dedicated to the International Children's Day <a href="https://www.facebook.com/1954045778201046/posts/pfbid02YREi3qoBC8y6Cq2XESAd94ncDmMDgKcEDwERoD2JmjeRyW4Xoz11DNF47tAW9hLtl/?sfnsn=mo">https://www.facebook.com/1954045778201046/posts/pfbid02YREi3qoBC8y6Cq2XESAd94ncDmMDgKcEDwERoD2JmjeRyW4Xoz11DNF47tAW9hLtl/?sfnsn=mo</a>	1.06.2022	Soltanbekova Sh.O.
6	Activity Online competition "Best family vocation"	Conducting among university staff the competition "Best family vacation" (video and presentations). Number of participants: 5 Winners reward ceremony: <a href="https://m.facebook.com/story.php?story_fbid=1355674821609682&amp;id=100015015316313">https://m.facebook.com/story.php?story_fbid=1355674821609682&amp;id=100015015316313</a>  <a href="https://m.facebook.com/story.php?story_fbid=1361967834313714&amp;id=100015015316313">https://m.facebook.com/story.php?story_fbid=1361967834313714&amp;id=100015015316313</a>	15.06.2022	Soltanbekova Sh.O.
	Activity Organization of summer holidays for employees	Conducting a lottery by the trade union committee of the university for a gift certificate for a vacation for the whole family in the recreation center "Bayzhigit"!  <a href="https://m.facebook.com/story.php?story_fbid=1361961070981057&amp;id=100015015316313">https://m.facebook.com/story.php?story_fbid=1361961070981057&amp;id=100015015316313</a>	15.06.2022	Soltanbekova Sh.O.
<b>Podcast - Financial well-being</b>				
7	Activity 6. Implementation of the advanced training program for university staff through the course of lectures and seminars "Manage your finances"	Development of the program and implementation of the PC course "Manage finances" - 36 hours. Registration - 52 35 people completed training and received a certificate.	7.-17.06.2022	Kolos E.A.

8	Information support of the project	<p>International Children's Day  <a href="https://www.facebook.com/1954045778201046/posts/pfbid02YREi3qoBC8y6Cq2XESAd94ncDmMDgKcEDwERoD2JmjeRyW4Xoz11DNF47tAW9hLtl/?sfnsn=mo">https://www.facebook.com/1954045778201046/posts/pfbid02YREi3qoBC8y6Cq2XESAd94ncDmMDgKcEDwERoD2JmjeRyW4Xoz11DNF47tAW9hLtl/?sfnsn=mo</a></p> <p>Online competition "The Best Family Vacation"  <a href="https://m.facebook.com/story.php?story_fbid=1355674821609682&amp;id=100015015316313">https://m.facebook.com/story.php?story_fbid=1355674821609682&amp;id=100015015316313</a>  <a href="https://m.facebook.com/story.php?story_fbid=1361967834313714&amp;id=100015015316313">https://m.facebook.com/story.php?story_fbid=1361967834313714&amp;id=100015015316313</a></p> <p>Lottery for a gift certificate to the recreation center  <a href="https://m.facebook.com/story.php?story_fbid=1361961070981057&amp;id=100015015316313">https://m.facebook.com/story.php?story_fbid=1361961070981057&amp;id=100015015316313</a></p> <p>Construction of an open sports ground on the territory of the first dormitory of VKTU named after D. Serikbaeva  <a href="https://www.facebook.com/1825703741/posts/pfbid02wtYjfroWkWxSZnST271TMV3b1KiMsDvnxn1rNeoMqPG8ENpvx54PEnLsDPPJTij6l/?sfnsn=mo">https://www.facebook.com/1825703741/posts/pfbid02wtYjfroWkWxSZnST271TMV3b1KiMsDvnxn1rNeoMqPG8ENpvx54PEnLsDPPJTij6l/?sfnsn=mo</a></p> <p>Creation of a photo zone in the 1st floor lobby  <a href="https://www.facebook.com/100001238805338/posts/pfbid0ozdu8b45HPbNsLm8nc9Fj5e4jTNofzR7L5nUZpmSUiNhyozUAeVYhWYGnagHbdzzl/?sfnsn=mo">https://www.facebook.com/100001238805338/posts/pfbid0ozdu8b45HPbNsLm8nc9Fj5e4jTNofzR7L5nUZpmSUiNhyozUAeVYhWYGnagHbdzzl/?sfnsn=mo</a></p>	June 2022	Sarsembayeva A.A.
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Project Manager

A. Sarsembayeva