

Report on the project "EKTU.Otbasy - a territory of well-being *Wellbeing" for May 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
<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 align="center">Podcast - Physical and Emotional Wellbeing</p>				
<p align="center">Physical well-being</p>				
1	<p>Activity 2. Introduction to a healthy lifestyle</p>	<p>"Hour of sports - hour of health" for students of 1-4 courses.</p> <p>Target:</p> <ul style="list-style-type: none"> - to promote the development of interest and desire of students in physical culture and sports; - to form the need for physical education and sports, to demonstrate the importance of sports for the comprehensive development of a person. <p>Over 203 students took part in this sporting event.</p> <p>https://m.facebook.com/story.php?story_fbid=pfbid02HmMkQd8ihqe q84GwqFJr6yxF8QfntXeJgYef3cwVk11H1sYAyeYcFFKF4HJZxR8oI&id=100041146989377</p>	04.05.2022	<p>B. Daumov</p> <p>M. Sabitov</p> <p>S. Maksutov</p>

		Development of a student health passport	30.05.2022	DIT
Emotional well-being				
2	Activity 3. Creation of a psychological service	Podcast with teacher-psychologist N. Zharasbayeva; HOW TO PREPARE FOR EXAMS? LIFEHACKS https://fb.watch/dd_u2KX8EC/	May 2022	Infrastructure Development Authority psychologist Zharasbayeva N.K.
Podcast - Enabling environment and conscious consumption				
3	Activity 4. 4.1 Creating an ergonomic working environment	Opening of the classroom E.I.Grigorieva - G-2-404 Preparatory work: renovation of the auditorium, design of an information stand, production of furniture for classes and project work, development of a stand within the framework of the courses of the “Humanist Engineer” module Ceremonial opening: script development, invitation of guests, exhibition of works by E.I. Grigoriev, screening of a film about the work of a scientist and Abay scholar Announcement https://www.ektu.kz/newsevents/otkrytie-auditorii-im-grigorieva.aspx Ceremonial opening : https://www.ektu.kz/newsevents/auditoriya-im-grigorieva-otkrylas-v-	25.05.2022	Sarsembayeva A.A. Infrastructure Development Authority

		vktu.aspx https://www.facebook.com/1954045778201046/posts/pfbid06id4f65qsq4XRBudDKQRBrNNquuZaY8ikj4jASa14kn9SUsPnGUf7nDnjGY8cu4tl/?sfnsn=mo		
		<p>Conducting the next stage of the competition of student projects of the educational programs "Architecture" and "Design of the architectural environment" "Comfortable student hostel" - defense of projects for the modernization of the student hostel of the VKTU. D. Serikbaeva.</p> <p>Goals:</p> <ul style="list-style-type: none"> -modernization of student dormitory No. 3 of NAO VKTU im. D. Serikbaev to improve living conditions, study, work and leisure of students; - identification and encouragement of innovative ideas of students as a result of participation in competitive design <p>https://www.facebook.com/100004471863174/posts/pfbid02Cv2nZcNssCn2iEkBZzXqoHf5baEY7S8fmsc5ZEY4b8h3ur5QEB8QXUd3ZRcQaEwel/</p>	23.05.2022	Dean of the SAC
Conscious consumption				
4	4.3 Conscious consumption	<p>Conducting a workshop on project implementation</p> <p>"EKTU.Otbasy - a territory of well-being *Well-being" with the participation of deans</p> <p>Topic: Launching the eco-club program in all schools/faculties.</p> <p>Presentation of the program for the creation of eco-clubs in VKTU</p>	24.05.2022	Sarsembayeva A.A. Petrova O.A.

		(Petrova O.A.) Join a Zoom meeting https://us04web.zoom.us/j/73835823103?pwd=rH6XLjXqtkvKndPElCn5oGSqbpifTb.1 Conference ID: 738 3582 3103 Access code: f09qEf		
Podcast - Creative personality in a creative environment				
5	Activity 5. Monitoring the creative hobbies of employees and students	Survey "Creative hobbies of employees and students" among team members 689 people took part in the survey. Survey analysis: 51.7% men, 48.3% women Hobbies: 84.3% have interests and hobbies 79% sports, 34% reading, 37% gaming What creative venues are needed: 33% - a one-movie evening, 32% - a car club, 27% - tourism Questionnaire - https://forms.gle/Yam6WNvBPSNj6iih8 Tabular results - https://docs.google.com/spreadsheets/d/1yZ4SaCx2bY_U8rGbgOy_xFFT4jhLbThy_fCMaKEix-E/edit?usp=sharing	20.05.-25.05.2022	Sarsembayeva A.A. DIT
6	Information support of the project	"Hour of sports - hour of health" https://m.facebook.com/story.php?story_fbid=pfbid02HmMkQd8ihqe	May 2022	Sarsembayeva A.A.

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Podcast with teacher-psychologist N. Zharasbayeva

https://fb.watch/dd_u2KX8EC/

Opening of the audience E.I.Grigorieva

<https://www.ektu.kz/newsevents/auditoriya-im-grigorieva-otkrylas-v-vktu.aspx>

<https://www.facebook.com/1954045778201046/posts/pfbid06id4f65qsq4XRBudDKQRBrNNquuZaY8ikj4jASa14kn9SUsPnGUf7nDnjGY8cu4tl/?sfnsn=mo>

Competition of student projects of educational programs
"Architecture" and "Design of the architectural environment"
"Comfortable student hostel"

<https://www.facebook.com/100004471863174/posts/pfbid02Cv2nZcNssCn2iEkBZzXqoHf5baEY7S8fmsc5ZEY4b8h3ur5QEB8QXUd3ZReQaEwel/>

Survey "Creative hobbies of employees and students" among team members

<https://forms.gle/Yam6WNvBPSNj6iih8>

Project Manager

A. Sarsembayeva