

**Project report «EKTU. Otbasy – territory of well-being » for September 2022**

Project goal: Creation of a favorable environment for the comprehensive development of members of EKTU. Otbasy  
Implementation of a “person-centered” corporate culture: balance of emotional, intellectual, physical and creative states;  
programs for supporting and promotion mass sports and health, creating a comfortable environment, promoting a culture of  
conscious (environmentally friendly) consumption.

	Activity	Result	Deadline	Responsible persons
Task 1. Application of Well-Being practices in the university community and society (5 elements of well-being - physical, emotional, professional, financial and social)				
<b>Podcast - physical and emotional well-being</b>				
<b>Physical well-being</b>				
1	Activity 1. Encouraging healthy lifestyle	Sports team building among EKTU employees. Team building program: 1. Team name and greeting contest 2. Cross-country relay races 3. Captains competition 4. Tug of war 1 <sup>st</sup> place - School of Earth 2 <sup>nd</sup> place - School of Information Technology and Intelligent Systems 3 <sup>rd</sup> place – School of Mechanical Engineering <a href="https://m.facebook.com/story.php?story_fbid=pfbid02W4qkpVAHvbCNYyz54o6CkvCcWvT85Kqr2drdprXkEduMnEN9rfDNr9yuGKeu8EKI&amp;id=100046607780926&amp;sfnsn=mo">https://m.facebook.com/story.php?story_fbid=pfbid02W4qkpVAHvbCNYyz54o6CkvCcWvT85Kqr2drdprXkEduMnEN9rfDNr9yuGKeu8EKI&amp;id=100046607780926&amp;sfnsn=mo</a>	28.09.2022	B. Daumov Physical culture and sport center
2	Activity 2. Development of mass sports	<a href="https://www.facebook.com/100041146989377/posts/pfbid022AHu3ABBpmiFWA6hJeSgo5SqyCLYtu86ojz1ZktHoJzqPuWJLfZDkhjoVbev7R2rl/?sfnsn=mo">https://www.facebook.com/100041146989377/posts/pfbid022AHu3ABBpmiFWA6hJeSgo5SqyCLYtu86ojz1ZktHoJzqPuWJLfZDkhjoVbev7R2rl/?sfnsn=mo</a>  UNIVERSITY CUP AMONG STUDENTS of D. Serikbaev EKTU Participants : 260 people Types of competition :	23.09.2022	B. Daumov Physical culture and sport center

		Pull-ups for men Basketball for men 3*3 Beach volleyball for men Beach volleyball for women Mini-football for men		
<b>Emotional well-being</b>				
3	Activity 3. Psychological support for employees and students	IF IT IS HARD-WE WILL HELP YOU! – an advertising psychologist's company and room for psychophysical relief in social networks <a href="https://www.facebook.com/100046607780926/posts/pfbid02nAe7hEone5tuNLefd5wVDkMczB6ppcAY6E4zGxduEpsq1VL5yKTfRgjt2ZUmW3SI/?sfnsn=mo">https://www.facebook.com/100046607780926/posts/pfbid02nAe7hEone5tuNLefd5wVDkMczB6ppcAY6E4zGxduEpsq1VL5yKTfRgjt2ZUmW3SI/?sfnsn=mo</a>	September, 2022	Zharaspayeva N.K.
		Coverage by the number of participants in the educational process in September 2022 in the areas of psychological work : advisory (personal consultation): - students – 44 - employees – 3 - family members –1, total - 48 educational and preventive : full-time work - students– 164 - employees – 33 - family members– 12, total- 209 In total - 257	September, 2022	Zharaspayeva N.K.
<b>Podcast - Favorable environment and conscious consumption</b>				
4	Activity 4. Creating an ergonomic working environment	Opening of a children's playroom «Baby Land» <a href="https://youtu.be/nqMQrP93Dhc">https://youtu.be/nqMQrP93Dhc</a> <a href="https://m.facebook.com/story.php?story_fbid=pfbid0LZbrv7YNRYr7xFMtE6EA29Pbty7dRDm5XstCWsPoSmv9ExhdJdM3p8vAThFnAdBGl&amp;id=100049083787002&amp;sfnsn=mo">https://m.facebook.com/story.php?story_fbid=pfbid0LZbrv7YNRYr7xFMtE6EA29Pbty7dRDm5XstCWsPoSmv9ExhdJdM3p8vAThFnAdBGl&amp;id=100049083787002&amp;sfnsn=mo</a> Survey among employees: « Children's playroom Baby Land» - 49 people.	20.09.2022	Sarsembayeva A.A.

	<p>Electronic registration for a visit a Children's playroom  <a href="https://forms.gle/9AoCXrtoe1MSJGWw9">https://forms.gle/9AoCXrtoe1MSJGWw9</a></p> <p>Creation of Ecoclubs in areas :</p> <p>School of Architecture and Construction - Scientific and Research Ecological Club «Jasyl qurylys»  <a href="https://www.ektu.kz/departments/as_dep/laboratory/jasyl_qurylys.aspx?lang=ru">https://www.ektu.kz/departments/as_dep/laboratory/jasyl_qurylys.aspx?lang=ru</a></p> <p>Faculty of Humanities Education - Ecological club «Eco House»  <a href="https://www.ektu.kz/departments/hum_ed/eco-house.aspx?lang=ru">https://www.ektu.kz/departments/hum_ed/eco-house.aspx?lang=ru</a></p> <p>School of Business and Entrepreneurship - Student scientific and educational club "Econanotech"  <a href="https://www.ektu.kz/departments/fbet/econanotech.aspx">https://www.ektu.kz/departments/fbet/econanotech.aspx</a></p> <p>School of Metallurgy and Mineral Processing - Ecological Club "Klover"  <a href="https://www.ektu.kz/greencampus/educationresearch/studentclubs/klover.aspx">https://www.ektu.kz/greencampus/educationresearch/studentclubs/klover.aspx</a></p> <p>Higher IT College - Volunteer club «Nurly zhurek»  <a href="https://ektu.kz/rukhanizhangyru/intellectualclubs/nurlyjurek.aspx?lang=ru">https://ektu.kz/rukhanizhangyru/intellectualclubs/nurlyjurek.aspx?lang=ru</a></p>	September, 2022	Petrova O.A.
	<p>Opening of a new training laboratory "Esports and gamification of education"</p> <p><a href="https://m.facebook.com/story.php?story_fbid=pfbid0mdBjSDE3z2SDGMhfJcN4GdU6WjQ7LaQu3vsRQGo8FKQ68udf5aVj48LSGNq8wQFDl&amp;id=100049083787002">https://m.facebook.com/story.php?story_fbid=pfbid0mdBjSDE3z2SDGMhfJcN4GdU6WjQ7LaQu3vsRQGo8FKQ68udf5aVj48LSGNq8wQFDl&amp;id=100049083787002</a></p> <p><a href="https://youtu.be/N8ZnBuJvll0">https://youtu.be/N8ZnBuJvll0</a></p>	15.09.2022	Kumargazhanova S.K.

		<a href="https://m.facebook.com/story.php?story_fbid=pfbid02mXcdSeqPCqCeNpeBva13qCFkgs1HoU8ym6SnBYWNW6sSovZG7RN78g6mwLTEc7srl&amp;id=100046607780926&amp;sfnsn=mo">https://m.facebook.com/story.php?story_fbid=pfbid02mXcdSeqPCqCeNpeBva13qCFkgs1HoU8ym6SnBYWNW6sSovZG7RN78g6mwLTEc7srl&amp;id=100046607780926&amp;sfnsn=mo</a>		
		Treatment and massage room services at the University Medical Center (G-1-237) Services : - all types of injections and procedures (as prescribed by a doctor) -bandaging - blood sampling, covid test	September, 2022	
<b>Podcast – Social well-being and Social responsibility</b>				
<b>Social well-being</b>				
5	Activity 5. Charity Event	Campaign “Road to School – Kindness without Borders” 10 backpacks with stationery for schoolchildren  <a href="https://m.facebook.com/story.php?story_fbid=pfbid0P9ZCD5awsCPgpPoi2qdBo5dGfbQTWhZMyMR3yssh16juhwqEgQDxoYT4QbHyznkcl&amp;id=1954045778201046&amp;sfnsn=mo">https://m.facebook.com/story.php?story_fbid=pfbid0P9ZCD5awsCPgpPoi2qdBo5dGfbQTWhZMyMR3yssh16juhwqEgQDxoYT4QbHyznkcl&amp;id=1954045778201046&amp;sfnsn=mo</a>	01.09.2022	Soltanbekova Sh. O.
6	Activity 6. “Trust box”	Creation of an electronic "trust box" for suggestions and wishes  <a href="https://www.facebook.com/100046607780926/posts/pfbid0nTaCQzSvXMm9a4syxBJ961A2p1YDm8ja7CnbWMZALWkmx6dXXkaZ8H6Aw8gvMizGl/?sfnsn=mo">https://www.facebook.com/100046607780926/posts/pfbid0nTaCQzSvXMm9a4syxBJ961A2p1YDm8ja7CnbWMZALWkmx6dXXkaZ8H6Aw8gvMizGl/?sfnsn=mo</a> <a href="https://m.facebook.com/story.php?story_fbid=pfbid02da6n7BCXBwMpVWQ71ivcXheW1cvJEU2uZCSzdGesnJaqlm5qNy9nLVzrKCPmjStWI&amp;id=100046607780926&amp;sfnsn=mo">https://m.facebook.com/story.php?story_fbid=pfbid02da6n7BCXBwMpVWQ71ivcXheW1cvJEU2uZCSzdGesnJaqlm5qNy9nLVzrKCPmjStWI&amp;id=100046607780926&amp;sfnsn=mo</a> <a href="https://m.facebook.com/story.php?story_fbid=pfbid024WGMbF4CeZzQxqEfHUXaFLwZ5npbMwtqn7w48CELMmptsTkRjmuuzpQgX3bQSqbvl&amp;id=100049083787002&amp;sfnsn=mo">https://m.facebook.com/story.php?story_fbid=pfbid024WGMbF4CeZzQxqEfHUXaFLwZ5npbMwtqn7w48CELMmptsTkRjmuuzpQgX3bQSqbvl&amp;id=100049083787002&amp;sfnsn=mo</a>	15.09.2022	Kasymova K.K.
<b>Podcast – Financial well-being</b>				

7	<p>Activity 7. Implementation of the advanced training program for university staff through the course of lectures and seminars "Manage your finances"</p>	<p>A seminar on topic «Public Finance Management: Current Practices and New Challenges» was held Classroom G-1-115, 72.h. Moderator: AYLIN İDİKUT ÖZPENÇE - доктор PhD, Associate Professor, Faculty of Economics and Administrative Sciences, Pamukkale University, Turkey Number of participants: 15 people.</p>	21.09..2022	Zakimova A. M.
8	<p>Information support of the project</p>	<p>teambuilding <a href="https://m.facebook.com/story.php?story_fbid=pfbid02W4qkpvAHvbCNYyz54o6CkvCcWvT85Kqr2drdprXkEduMnEN9rfDNr9yuGKeu8EKI&amp;id=100046607780926&amp;sfnsn=mo">https://m.facebook.com/story.php?story_fbid=pfbid02W4qkpvAHvbCNYyz54o6CkvCcWvT85Kqr2drdprXkEduMnEN9rfDNr9yuGKeu8EKI&amp;id=100046607780926&amp;sfnsn=mo</a></p> <p>Children's playroom "Baby Land " <a href="https://youtu.be/nqMQRp93Dhc">https://youtu.be/nqMQRp93Dhc</a> <a href="https://m.facebook.com/story.php?story_fbid=pfbid0LZbrv7YNRYr7xFMtE6EA29Pbty7dRDm5XstCWsPoSmv9ExhdJdM3p8vAThFnAdBGI&amp;id=100049083787002&amp;sfnsn=mo">https://m.facebook.com/story.php?story_fbid=pfbid0LZbrv7YNRYr7xFMtE6EA29Pbty7dRDm5XstCWsPoSmv9ExhdJdM3p8vAThFnAdBGI&amp;id=100049083787002&amp;sfnsn=mo</a></p> <p>training laboratory "Esports and gamification of education" <a href="https://m.facebook.com/story.php?story_fbid=pfbid0mdBjSDE3z2SDGMhfJcN4GdU6WjQ7LaQu3vsRQGo8FKQ68udf5aVj48LSGNq8wQFDI&amp;id=100049083787002">https://m.facebook.com/story.php?story_fbid=pfbid0mdBjSDE3z2SDGMhfJcN4GdU6WjQ7LaQu3vsRQGo8FKQ68udf5aVj48LSGNq8wQFDI&amp;id=100049083787002</a></p> <p><a href="https://youtu.be/N8ZnBuJvll0">https://youtu.be/N8ZnBuJvll0</a></p> <p>Campaign "Road to School – Kindness without Borders" <a href="https://m.facebook.com/story.php?story_fbid=pfbid0P9ZCD5awsCPgpPoi2qdBo5dGfbQTWhZMyMR3yssb16juhwwqEgQDxoYT4QbHyznkcl&amp;id=1954045778201046&amp;sfnsn=mo">https://m.facebook.com/story.php?story_fbid=pfbid0P9ZCD5awsCPgpPoi2qdBo5dGfbQTWhZMyMR3yssb16juhwwqEgQDxoYT4QbHyznkcl&amp;id=1954045778201046&amp;sfnsn=mo</a></p> <p>"Trust box" for suggestions and wishes</p>	September, 2022	Sarsembayeva A.A.

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Project Manager

A. Sarsembayeva