

Report on the project "EKTU. Otbasy is the territory of Well-being" for February 2022

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
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	Direction: Physical well-being. Event 1. Development of mass sports	1. Friendly meeting in 3x3 basketball among the national team of D. Serikbayev EKTU and the team of Youth Sports School "Shygys" in game sports	09.02.2022	B. Daumov S. Bekbosynov S. Maksutov
		2. Table tennis tournament among students of 1-4 courses and undergraduates of the full-time department of D. Serikbayev EKTU	17.02.2022	B. Daumov E. Shymin G. Sychyova
		3. Student Volleyball League among the students of Technical and Vocational Colleges	24.02-01.03.2022	B. Daumov S. Bekbosynov
		4. Student Volleyball League of East Kazakhstan Region. The national volleyball team took 1st place.	18.02.- 20.02.2022	B. Daumov S. Bekbosynov
		5. Student Basketball League of the Republic of Kazakhstan, the national team of D. Serikbayev EKTU participated in the competition.	31.01-04.02.2022	B. Daumov S. Bekbosynov S. Maksutov
2	Event 2. Involving to a healthy lifestyle	1. Physical training session for employees and students of D. Serikbayev EKTU	16.02.2022	B. Daumov L. Baideldinova Д. Altemirova G. Sychyova

		2. "Hour of Health" for employees and students of D. Serikbayev EKTU	01.02.2022	B. Daumov D. Altemirova G. Sychyova E. Shymyn
		3. "Hour of Health" for students and staff of D. Serikbayev EKTU	09.02.2022	B. Daumov M. Sabitov S. Maksutov
		4. Winter team building among teaching staff and employees of D. Serikbayev EKTU	11.02.2022	B. Daumov S. Bekbosynov S. Maksutov
		5. Instructor Ya.Zinchenko's master class of fitness Zumba for students of D. Serikbayev EKTU	16.02.2022	Д. Altemirova
3	Event 3. Career guidance work	IX Gymnasium Volleyball among schoolchildren of East Kazakhstan region. Employees of the Health and Sports Center acted as co-organizers and judges of the competitions	21.02-25.02.2022	B. Daumov S. Bekbosynov
4	Event 4. Cooperation with internal and external organizations	Signing of memorandums of cooperation with Russian universities: - Academy of Professional Skills and Certification; - International Educational Association "EUROPASIA"; - Department of Physical Culture and Sports of the Balashov Institute (branch) FSBEI HE "Saratov National Research State University named after N.G. Chernyshevsky".	28.01-10.02.2022	B. Daumov A. Akhaev S. Maksutov
Podcast: Financial Well-being				
5	Event 5. Improving financial literacy	Improving the financial literacy of the staff and students: online meeting with A.V.Egorin, the manager for working with corporate clients, branch of JSC "BankCentrCredit" in Ust-Kamenogorsk https://www.ektu.kz/newsevents/studenty-i-sotrudniki-vktu-povyshayut-finansovuyu-gramotnost.aspx	02.03.2022	Zakimova A. Kozlova M.
Podcast: A creative person in a creative environment				
6	Event 6. Conducting creative contests	Holding of the contest "EKTU dauystary - voices of EKTU" with a prize fund of 100 thousand tenge, winner is Timur Kablylgazy https://www.ektu.kz/newsevents/ektu-dauysy-golos-ektu-timur-kabdylgazy.aspx?lang=ru	24.02.2022	Khvan V.S.

7	Information support of the project	<p>D. Serikbayev EKTU Health and Sports Center https://m.facebook.com/VKGTUPhysicalcultureandsport?pn_ref=ec_friends_card (all information is posted on Facebook) Health Hour https://www.ektu.kz/newsevents/chas-sporta---chas-zdoroviya.aspx</p> <p>Physical education minute https://www.ektu.kz/newsevents/fizkultminutka-zalog-zdorovya-i-rabotosposobnosti.aspx</p> <p>Corporate team building https://www.ektu.kz/newsevents/korporativnyj-team-building.aspx</p> <p>Financial literacy https://www.ektu.kz/newsevents/studenty-i-sotrudniki-vktu-povyshayut-finansovuyu-gramotnost.aspx https://fb.watch/crq_BEEdfoE/</p> <p>The "Voices of EKTU" contesthttps://www.ektu.kz/newsevents/ektu-dauysy-golos-ektu-timur-kabdylgazy.aspx?lang=ru</p>	February 2022	Sarsembaeva A.A.
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Project manager

A. Sarsembaeva