

Report on the project "EKTU. Otbasy is the territory of Well-being" for March 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. From March 2 to March 8, 2022, the II round of the zonal Student Volleyball League took place in Pavlodar. All universities of the Eastern Division took part in it. The Eastern Division includes all universities of Ust-Kamenogorsk, Pavlodar and Semey. There was held the II round of the zonal Student Volleyball League. https://www.ektu.kz/newsevents/proshel-ii-tur-zonalnoj-studencheskoj-ligi-po-volejbolu.aspx	2-8.03.2022	B. Daumov
		2. Coaches of the Center for Health and Sports of D. Serikbayev EKTU held a Student Sports League in volleyball among the girls of the Technical and Vocational Colleges 1st place – Medical Higher College; 3rd place – EKHC named by Abay; 3rd place – ETHC.	24.02-01.03.2022	B. Daumov S. Bekbosynov
		3. Coaches of the Center for Health and Sports of D. Serikbayev EKTU held a Student Sports League of the Republic of Kazakhstan in volleyball among Higher educational institutions. The national team of D. Serikbayev EKTU (boys) took the 1st place.	02.03-08.03.2022	B. Daumov S. Bekbosynov
		4. Competitions among the students of 1-4 courses in togyz kumalak, arm wrestling, and kettlebell lifting, dedicated to the celebration of "Nauryz-2022". Eight Schools took part in the tournament of Competitions among the	10.03.2022	B. Daumov E. Shymin G. Sychyova

		<p>students of 1-4 courses in togyz kumalak, arm wrestling, and kettlebell lifting, dedicated to the celebration of "Nauryz-2022":</p> <ul style="list-style-type: none"> • School of Information Technology and Intelligent Systems; • School of Architecture and Construction; • Faculty of Humanities Education; • School of Mechanical Engineering; • School of business and Entrepreneurship; • Faculty of Basic Engineering Training; • School of Metallurgy and Mineral Processing; • School of Earth. <p>The winners of the togyz kumalak tournament were:</p> <p>Boys</p> <ul style="list-style-type: none"> • 1st place: Ramazan Rollan; • 2nd place: Nurzhanuly Madi; • 3rd place: Kushenov Ainabek. <p>Girls</p> <ul style="list-style-type: none"> • 1st place: Smagulova Dana; • 2nd place: Kairbaeva Sagynysh; • 3rd place: Sailaubekova Erkenaz. <p>The winners of the arm wrestling tournament were:</p> <p>Boys (up to 70 kg)</p> <ul style="list-style-type: none"> • 1st place: Kabdenov Zhalgas; • 2nd place: Abusalyk Batyrzhan; • 3rd place: Toktamysov Erkebulan. <p>Boys (over 70 kg)</p> <ul style="list-style-type: none"> • 1st place: Zamanbek Dauren; • 2nd place: Abitkanov Erkebulan; • 3rd place: Yrysbekuly Sabyr. <p>Girls (up to 60 kg)</p> <ul style="list-style-type: none"> • 1st place: Sharizat Shuak; • 2nd place: Munarbekova Kamila; • 3rd place: Ayankyzy Ayauzhan; <p>Girls (over 60 kg)</p>		
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	<ul style="list-style-type: none"> • 1st place: Aidarkhanova Nurym; • 2nd place: Orsaeva Karina; • 3rd place: Minova Sofiya. <p>The winners of the kettlebell lifting tournament were:</p> <p>Boys (up to 70 kg)</p> <ul style="list-style-type: none"> • 1st place: Duisenkhan Bekzat. <p>Boys (over 70 kg)</p> <ul style="list-style-type: none"> • 1st place: Bozhaev Karim; • 2nd place: Adilbek Zhumagati; • 3rd place: Ivanov Nikolai. <p>Among the Schools of the EKTU , the team places were distributed as follows:</p> <ul style="list-style-type: none"> • 1st place: School of Earth; • 2nd place: School of Metallurgy and Mineral Processing; • 3rd place: School of Architecture and Construction. <p>https://www.ektu.kz/newsevents/pobeda-eto-rezultat-tvoih-dejstvij.aspx</p>		
	<p>5. Coaches of the Center for Health and Sports of D. Serikbayev EKTU held a Student Sports League of the Republic of Kazakhstan "Eastern Division" among the Universities in table tennis.</p> <p>1st place – D. Serikbayev EKTU ;</p> <p>2nd place – KAFU;</p> <p>3rd place – Semey University ABU.</p>	14.03.-16.03.2022	B. Daumov S. Bekbosynov M. Sabitov S. Maksutov
	<p>7. Coaches of the Center for Health and Sports of D. Serikbayev EKTU conducted the National School Volleyball League "Shubar Dop" among schoolchildren of East Kazakhstan region.</p>	14.03. – 18.03.2022	B. Daumov S. Bekbosynov
	<p>8. Trainers of the Center for Health and Sports of D. Serikbayev EKTU held competitions in kettlebell lifting, arm wrestling, and tug of war for students and structural divisions of D. Serikbayev EKTU.</p>	18.03.2022	B. Daumov S. Bekbosynov M. Sabitov S. Maksutov L. Baideldinova D. Altemirova G. Sychyova

2	Event 2. Involving to a healthy lifestyle	1. "Hour of Health" for the students and staff of D. Serikbayev EKTU. There were more than 273 students there. part. https://m.facebook.com/story.php?story_fbid=763618088353084&id=100041146989377&sfnsn=mo	0.03.2022	B. Daumov M. Sabitov S. Maksutov
		2. Trainers of the Center for Health and Sports of D. Serikbayev EKTU held a physical training session for employees and students of D. Serikbayev EKTU of 1-4 courses. More than 50 employees and 200 students took part there.	01.03.2022	B. Daumov E. Shymin G. Sychyova L. Baideldinova D. Altemirova
Emotional well-being				
3	Event 3. Creation of a psychological service	Opening of a psychological relief room for students and University staff. The goal is to create optimal conditions for the rapid and effective removal of emotional overstrain restoration of working capacity, psychotherapeutic and psychohygienic measures.	31.03.2022	Infrastructure Development Department psychologist Zharasbayeva N.K. designer Sudakov I.V.
Podcast - A favorable environment and conscious consumption				
4	Event 4. Creating a zone of communication and relaxation	Making an orchidarium. Location: near the Center of Excellence " Veritas" G3, 1st floor https://www.instagram.com/p/Ca4JagYK9M7/?utm_medium=copy_1ink	05.03.2022	Sarsembayeva A.A. Infrastructure Development Department
Podcast - A creative person in a creative environment				
5	Event 5. Conducting creative contests	The competition "The best mom": 1st place Kazbekova Aidana - teacher of the Higher IT College 2nd place Chelekenova Bayan - library employee 3rd place Kasenova Ainur - employee of the military department https://www.ektu.kz/newsevents/s-8-marta.aspx	04.03.2022	Trade Union Soltanbekova Sh.
		Contest "The best congratulations to the Women's staff": 1st place School of Information Technology and Intelligent Systems 2nd place Higher IT College of D.Serikbayev EKTU	04.03.2022	Trade Union Soltanbekova Sh.

		3rd place Military Department https://www.ektu.kz/newsevents/s-8-marta.aspx		
		students of D.Serikbayev EKTU learned to sew national clothes https://www.ektu.kz/newsevents/studenty-vktu-uchilis-shit-nacionalnye-kostyummy.aspx	14.03.2022	Department for Socio-Cultural Activities and Youth Policy
		Student's cooking show https://www.ektu.kz/newsevents/kulinarnoe-shou-ot-studentov-vktu.aspx	15.03.2022	Department for Socio-Cultural Activities and Youth Policy
		There was an action «Zhudyryktai zhumyldyryp" at D.Serikbayev EKTU. The deans of the Schools visited the dormitories and prepared Nauryz kozhe with their own hands. They covered the dastarkhan and treated the students to national dishes. https://www.facebook.com/1954045778201046/posts/3516903395248602/?sfnsn=mo	16.03.2022	Deans
		Presentation contest of countries celebrating the Vernal Equinox – Nauryz Day Participants: Schools and Faculties https://www.ektu.kz/newsevents/vktu-otmetil-prazdnik-nauryz.aspx https://youtu.be/nslzEhcCfDQ https://m.facebook.com/story.php?story_fbid=10217311232652579&id=1825703741&sfnsn=mo https://www.facebook.com/100049083787002/posts/522449876067801/?sfnsn=mo https://m.facebook.com/story.php?story_fbid=700679567775502&id=100035003957266&sfnsn=mo	18.03.2022	Deans
6	Information support of the project	D. Serikbayev EKTU Health and Sports Center. II - round of the zonal Student Volleyball League	March 2022	Sarsembaeva A.A.

<https://www.ektu.kz/newsevents/proshel-ii-tur-zonalnoj-studencheskoj-ligi-po-volejbolu.aspx>

"Hour of Health" for students and staff of D. Serikbayev EKTU
https://m.facebook.com/story.php?story_fbid=763618088353084&id=100041146989377&sfnsn=mo

Victory is the result of your actions!
<https://www.ektu.kz/newsevents/pobeda-eto-rezultat-tvoih-dejstvij.aspx>

March, 8th
<https://www.ektu.kz/newsevents/s-8-marta.aspx>

https://m.facebook.com/story.php?story_fbid=1294172217759943&id=100015015316313&sfnsn=mo

Happy holidays to you, dear women!
<https://www.ektu.kz/newsevents/mereke-kutty-bolsyn.aspx>

Orchidarium
https://www.instagram.com/p/Ca4JagYK9M7/?utm_medium=copy_link

students of D.Serikbayev EKTU learned to sew national clothes
<https://www.ektu.kz/newsevents/studenty-vktu-uchilis-shit-nacionalnye-kostyummy.aspx>

Student's cooking show
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There was an action «Zhudyryktai zhumyldyryp" at D.Serikbayev

		<p>EKTU. https://www.facebook.com/1954045778201046/posts/3516903395248602/?sfnsn=mo</p> <p>Celebration of the Vernal Equinox – Nauryz Day https://www.ektu.kz/newsevents/vktu-otmetil-prazdnik-nauryz.aspx https://youtu.be/nslzEhcCfDQ</p> <p>https://m.facebook.com/story.php?story_fbid=10217311232652579&id=1825703741&sfnsn=mo</p> <p>https://www.facebook.com/100049083787002/posts/522449876067801/?sfnsn=mo</p>		
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Project manager

A. Sarsembaeva