



Sustainable Development Goals

Individual Report on SDG 3 - GOOD HEALTH AND WELL-BEING

3 GOOD HEALTH
AND WELL-BEING



Aktau 2023

SUSTAINABLE DEVELOPMENT GOALS

INDIVIDUAL REPORT

3.2 Number of students graduating in health professions

Yessenov University does not have any programs for health professions.

3.2.1 - Number of graduates

- YU does not have specialties related to medicine

3.2.2 - Number of graduates in health professions

- YU does not have specialties related to medicine

3.3 Collaborations and health services

3.3.1 - Does your university as a body have current collaborations with local, national or global health institutions to improve health & wellbeing outcomes?

Yes. For medical care of students at the university we have a medical room, equipped in accordance with the requirements of sanitary norms.

Types of services provided there:

- provision of first aid to students;
- referral to medical center for medical care
- organization of preventive medical examinations of students;
- control over the students registered for dispensary services;
- carrying out anti-epidemic measures when infectious diseases are detected;
- dynamic observation of persons in contact with those who have had infectious diseases;
- promotion of healthy lifestyles, sanitary and hygienic education
- sanitary and educational work;
- drawing up an inoculation plan for newly admitted students according to Form 063 (vaccination card) ;

In addition, to provide students with full-fledged medical services, there is a contract between SU and the City Polyclinic “Akerke”. Students are attached to the clinic and get free medical services. In addition, to provide students with full-fledged medical services, there is a contract between SU and the City Polyclinic “Akerke”. Students are attached to the clinic and get free medical services.

The link: <https://yu.edu.kz/en/medicine-2/>

3.3.2 - Does your university as a body deliver outreach programmes and projects in the local community (which can include student volunteering programmes) to improve or promote health & wellbeing including hygiene, nutrition, family planning, sports, exercise, aging well, and other health and wellbeing related topics?

Yes. The University planned to provide health's information events. Health psychology is offered to all undergraduate students at the university. The aim of the subject is to master the description, concept and structure of psychological health. The subject is aimed at revealing the theoretical and methodological foundations of health psychology, the development features of the psychological health of students in different socio-cultural environments. The content of the subject considers the development components of psychological health of a person, analysis of psychological health research problems in foreign and domestic science, actual problems of health psychology, research methods, methodological forms. Comprehensive medical examination and fluorography of students University students and newly admitted students underwent comprehensive medical examination and fluorography. It was also explained that every person should take responsibility for his own health, that students should be examined by fluoroscopy in time, and that it would not be superfluous to explain the symptoms of the disease and ways of treatment among students.

The

link:

<https://www.instagram.com/p/CqpYQHoKUIb/?igshid=MTIyMzRjYmRlZg==>

3.3.3 - Does your university as a body share sports facilities with the local community, for instance with local schools or with the general public?

Yes. Visitors can use all sports fields of Yessenov University and a GUIDELINE ON THE USE OF SPORTS FACILITIES has been prepared. APPROVED by the decision of the Public Council (protocol No. 3 dated 26.05.2021.)

A. Tolepbergenova, a teacher of the "Assembly of the People of Kazakhstan" department of the "Basic" faculty and 1st-year students of the Land Management specialty under the project of "Service learning" for disabled children of Aktau city "Sport-health guarantee!" held an event. Checkers and chess competitions were organized at the event. The purpose of the competition: to develop thinking abilities of children, to establish good relations with each other.

The link: <https://yu.edu.kz/sport-densauyli-kepili/>

Monitoring the enrollment of students in creative and sports clubs and clubs at the university

A fair of creative circles was held at the university to ensure that students signed up for membership in creative and sports circles and clubs at the university.

The link:

https://www.instagram.com/p/Ci9rkKbKuWh/?utm_source=ig_web_copy_link&igshid=MTIyMzRjYmRlZg==

3.3.4 - Does your university as a body provide students access to sexual and reproductive health-care services including information and education services?

Yessenov University offers students access to sexual and reproductive health-care services that are essential for their well-being. Providing information and education about these services is crucial for promoting healthy choices and understanding their bodies. Counseling, and accurate information empowers students to make informed decisions regarding their sexual health. It is important to create a supportive environment that respects confidentiality and ensures non-judgmental care, allowing students to seek help without fear or hesitation. Ultimately, this helps in fostering a responsible and informed attitude toward sexual and reproductive health.

3.3.5 - Does your university as a body provide students and staff with access to mental health support?

Yes.

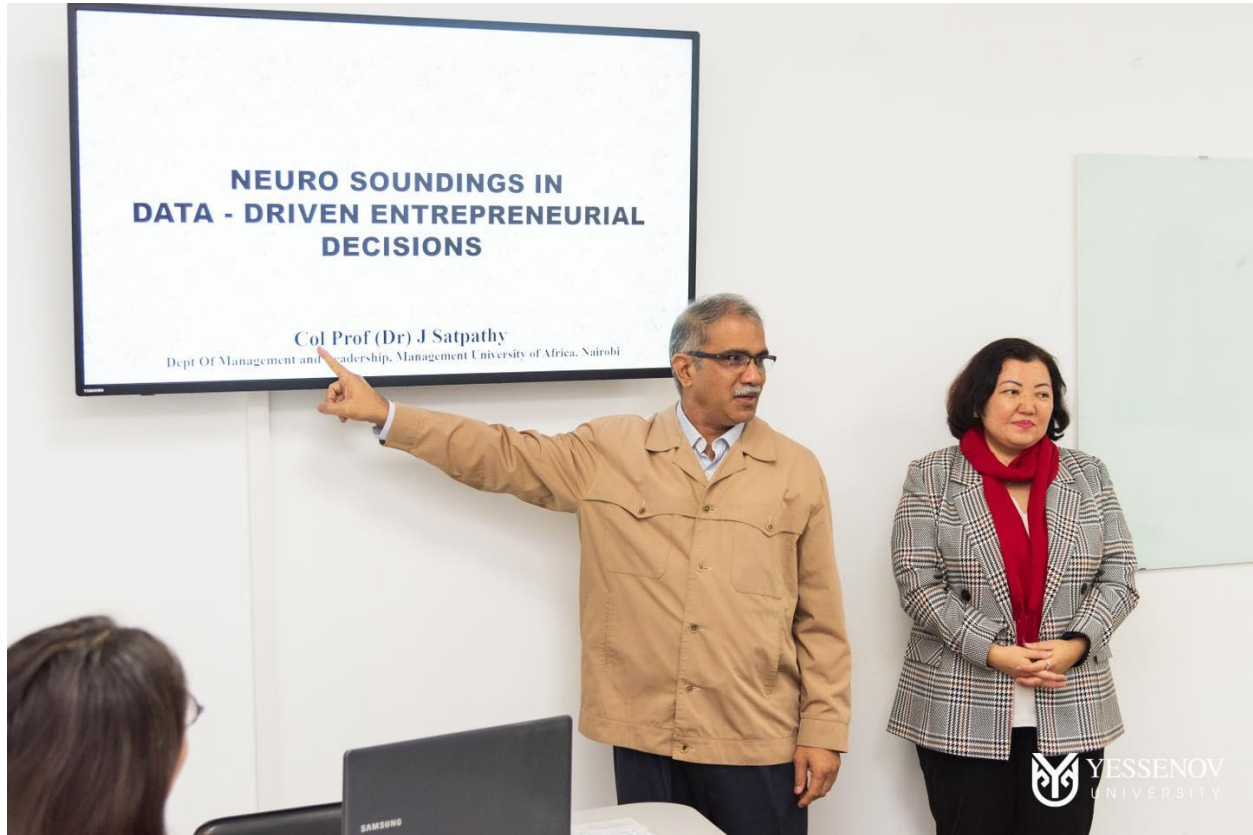
The Institute of Continuing Education organized a refresher course for Administrative Management staff and the teaching staff of the Yessenov University on the topic "Neuro-management in education".

The speaker of this course was an invited foreign scientist from India G. Bhubaneswar, Head of the Institute of Neuroeconomics and Entrepreneurial Studies, PhD, Professor Jyotirmaya Satpathy. More than 30 people took part in the training in an offline format. A highly qualified coach spoke about scientific experiments of the brain, cardiograms of people of different professions and even students and athletes.

The link:

<https://www.facebook.com/YessenovUniversity/posts/pfbid02kRJqFost4eCmkCH2SDmUomWj64bWeurXjtzLK6zHf3hYzgtYZNRmcvUu5WnPGH17I>

Pic 1. "Neuro-management in education" at Yessenov University



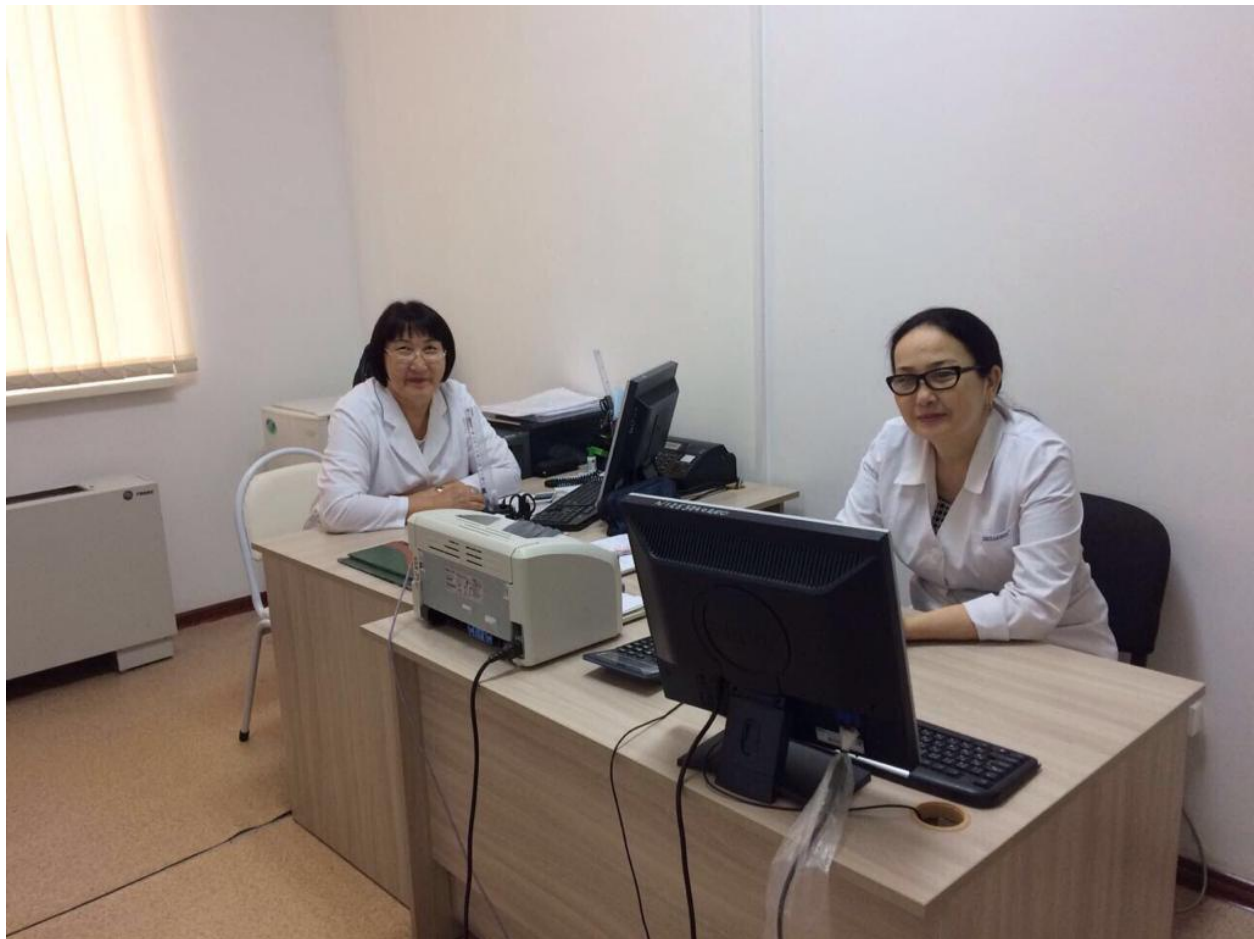
The YU administration has established a policy on “Regulations on psychological service” approved by Public Council (protocol #1 dated September 22, 2022).

The link: <https://yu.edu.kz/ru/osnovnye-dokumenty/>



The link: (ПП УЕ 106-2022)

file:///C:/Users/123/Downloads/106-2022-polozhenie-o-psihologicheskij-sluzhbe.pdf



Volleyball competition between student clubs

A volleyball competition was held between student clubs under the organization of "Social support and youth development" administration and volunteers. According to the results of the competition:

Reception committee - 1 place
Union High Student Council - 2 seats
Chokzhuldyz poetry club - 3rd place
Volunteer team - took 4 places

The link:

https://www.instagram.com/reel/Cn7gVVtLnZ1/?utm_source=ig_web_copy_link&igshid=MTIyMzRjYmRlZg==

Inter-dormitory "DORMITORY CUP"

"DORMITORY CUP" was held on February 18.
The winning teams were awarded according to the results of the competition.
Ozen-Alash-Orda
Texas Elite
Karabakh-Beineu

The link:

https://www.instagram.com/p/Cow71QHqqPI/?utm_source=ig_web_copy_link&igshid=MTIyMzRjYmRlZg==

3.3.6 - Does your university as a body have a "smoke-free" policy?

Yes. Yessenov University "Business and Law" Faculty, organized by the "Jurisprudence" department, held a training "We support a tobacco-free Kazakhstan" in connection with the program for the World No Tobacco Day, which will be held from May 1 to 31.

Psychologist Mustafina Marzhan Sultanovna, an employee of the "Mangistau Regional Healthy Lifestyle Center", a medical institution, was invited to the meeting.

The purpose of the meeting: to explain that smoking is harmful to human life, to develop the mindset of the young generation in the formation of a healthy lifestyle, to explain that imitating harmful habits and being interested in them are dangerous to their lives.

Yessenov University "Business and Law" faculty organized a debate among students on the topic "The effect of tobacco on the human body" under the organization of "Jurisprudence" and "Eureka" intellectual debate club. The main goal of the event is to explain that smoking is harmful to human life, to develop the mindset of the young generation in the formation of a healthy lifestyle, to explain that imitating harmful habits and being interested in them are dangerous to their lives.

The 3rd year students of "Jurisprudence" specialty took part in the debate, and Liza Zhaksylykova was nominated "Best Speaker".

The link: <https://yu.edu.kz/temekini-ziyandyi-yi/>

Yessenov University 2nd year students of "Jurisprudence" specialty, senior teacher G.Zh. Under the leadership of Kobehenova, the practical lesson of the subject "Administrative Law of the Republic of Kazakhstan" was held in the form of an action on the square in front of the university.

This lesson was devoted to the explanation of administrative law norms related to the issue of smoking in public places as one of the administrative offenses and promotion of smoking cessation among young people.

During the action, the students of the "Legal Education" group threw away the cigarettes of the smoking students, distributed sweet vitamins and fruits instead, organized a hand-to-hand wrestling competition, and conducted legal clarification work.

The link: <https://yu.edu.kz/nikotinge-zho-d-rumenge-iy/>

Policy created (yyyy)

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