

Promoting Healthy Lifestyles: A Foundation for Societal Prosperity

ЖАРИЯЛАНДЫ
12.02.2024

СІЛТЕМЕ
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A healthy lifestyle is an integral part of our life. It helps us maintain physical and mental health, gives us strength and energy to achieve our goals. Ensuring healthy lives and improving the well-being of people of all ages is essential to building a prosperous society. Kazakh National University named after Al-Farabi also puts every effort into developing a healthy life among students.

Kazakh National University named after Al-Farabi actively promotes a healthy lifestyle among its students. This may include various activities, programs and initiatives aimed at maintaining the physical and mental health of members of the university community.

02.02.2024 within the framework of the project “Sustainable Development Goals”, organized by the Faculty of Philology, the Department of Foreign Philology and Translation Studies, 1st-year master’s students in the specialty Foreign Philology Aidarkulova Sh.A., Aluakas Z.E. and senior advisor Baieli A. Zh., group advisor Torekhanova R.A. conducted an open lesson with the 1st-year students of specialty “6B02304-Translation Studies” on the topic “ Good health and well-being ”. The purpose of the open educational hour is the promotion of a healthy lifestyle among young people.

The open lesson launched at the university is based on the principles of mindfulness and attention to physical and mental well-being. In general, as part of this commitment to health, the university offers a variety of activities and services that encourage students and staff to lead an active lifestyle.

Sports and physical activity play an important role in this initiative. Kazakh National University named after Al-Farabi provides access to modern sports facilities and halls where students can engage in fitness, play various sports or simply maintain their physical fitness. Regular sporting events such as football, basketball, volleyball and other sports promote a healthy competitive environment.

In addition, Kazakh National University supports student initiatives aimed at promoting a healthy lifestyle. Student clubs and associations actively organize events such as health festivals, sports competitions and educational campaigns to support and inspire their peers to take care of their health.

To conclude, as the world continues to recognize the importance of prioritizing health and well-being, Al-Farabi Kazakh National University serves as a beacon of inspiration and a model for other institutions to follow.

Al-Farabi Kazakh National University

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