

On November 17, 2021 at 15.00
"Foreign Languages Department"
held
Social-educational online event on Microsoft Teams
Round table discussion "Healthy Lifestyle"

The event dedicated to the World AIDS Day, prevention of measles, tuberculosis, prevention of drug addiction, tobacco use, promotion of healthy lifestyle, prevention of COVID-19 was held in the online format in Microsoft Teams, which was attended by over 80 students as well as the teaching staff of the Foreign Languages Department.

At the very beginning the aims and order of the event were announced, the value of health was explained, and students had an opportunity to assess whether their life style was healthy by taking an online "Health and Healthy Lifestyle Assessment" test. The audience shared their opinions, how they understood a healthy lifestyle and how they adhered to it.

The participants of the round table prepared videos on their topics in advance taking into account the following criteria: originality of the material used; mastery of content; speaking quality; cognitive and up-to-date information.

Students of MET-21-1 and ПСК-21-2 groups prepared educational videos on Measles prevention which gave comprehensive information on the symptoms, ways of transmission and preventive measures against the disease.

The video on "AIDS" prepared by students of SIB-21-3 clearly demonstrated the difference between HIV and AIDS, the official statistics on the global incidence of the disease in the last few years and how HIV is transmitted.

Students of E-19-2 and Diz-19-2 groups presented a bilingual video on tuberculosis which outlined high-risk groups, who are exposed to the disease, its stages and symptoms, as well as gave recommendations on how to prevent the disease.

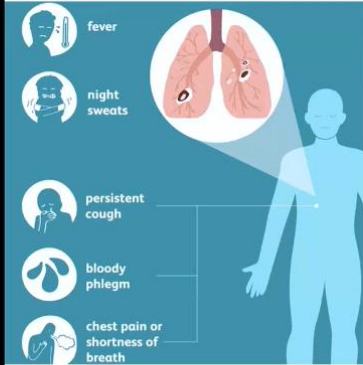
Participants of the round table discussion, students of the groups TT-21-1 and IS-21-1 in their video on "Harm of Smoking" and "Drug addiction" visualized negative impact of the disease on health and quality of life of addicts as well as positive changes which occur in human body who quit smoking.

The students of group C-21-1 talked about COVID-19, the most topical viral disease for today. In their report they told about the ways of disease transmission, preventive measures, about Post-COVID syndrome which can appear during several months after the disease ends and influences the quality of life, and also called the audience to follow the safety and personal hygiene measures.

At the end of the round table, all students were advised on the main rules for a healthy lifestyle and the benefits of it were explained.

Responsible for the event teachers of the Department of Foreign Languages:
Head of the Department of Foreign Languages, candidate of pedagogical sciences, associate professor Jantasova Damira Dulatovna, responsible for the social-educational work of the department Isina Nazerke Temirkabylykzy, teachers of the department Magauina G.M., Zhdanova E.A.

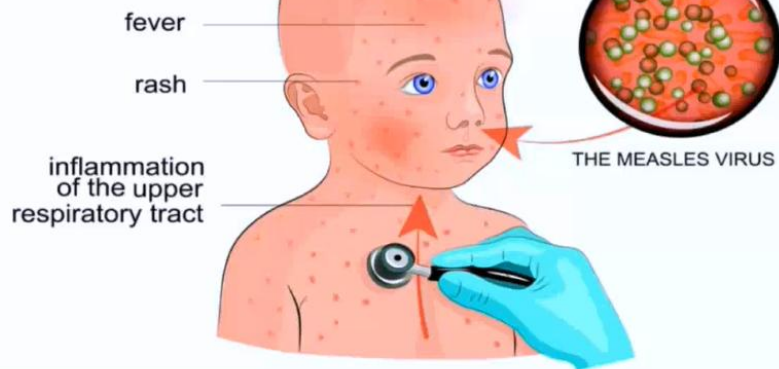
Tuberculosis



- A total of 1.5 million people died from TB in 2020. Worldwide, TB is the 13th leading cause of death and the second leading infectious killer after COVID-19 (above HIV/AIDS).
- In 2020, an estimated 10 million people fell ill with tuberculosis (TB) worldwide. 5.6 million men, 3.3 million women and 1.1 million children. TB is present in all countries and age groups. But TB is curable and preventable.
- In 2020, 1.1 million children fell ill with TB globally. Child and adolescent TB is often overlooked by health providers and can be difficult to diagnose and treat.
- Ending the TB epidemic by 2035 is among the health targets of the United Nations Sustainable Development Goals (SDGs).

A vertical sidebar from a Zoom meeting. At the top is a video feed of a woman with glasses. Below it is a grid of participant avatars, each with a circular icon containing a Kazakh letter and a name in Russian. The letters include ҚМ, ЖТ, ҚӘ, МА, ТТ, ОБ, БТ, АТ, and another ҚМ. A '+71' button is at the bottom.

MEASLES



A vertical sidebar from a Zoom meeting. At the top is a video feed of a woman with glasses. Below it is a grid of participant avatars with Kazakh letters: ЖТ, НБ, ҚМ, ҚА, ҚӘ, МА, ТТ, ОБ, ГТ, and a '+83' button.

Symptoms of measles in adults



- ❖ high temperature - 38 - 40 degrees;
- ❖ nasal congestion, runny nose;
- ❖ dry nasal cough;
- ❖ lacrimation, redness of the eyes, possible suppuration;
- ❖ weakness, loss of appetite;
- ❖ rash, appears on the 4th - 5th day, first on the face, neck, upper torso, then goes down, diverges along the arms and legs; rashes do not Itch.
- ❖ After 3 to 5 days, the exanthema begins to fade and gradually goes away. Peeling remains at the site of the rash.



Health and Lifestyle Assessment Test

1. How many times a week do you eat out?		Points
a	0-2	0
b	3-5	1
c	More than 5 times	2

2. How many meals do you eat a day?		Points
a	1.	3
b	2	2
c	3	0
d	More than 3	1

