



Goal 3. Good health and well-being.  
«Ensure healthy lives and promote well-being for  
all at all ages».

# Marina Lytovchenko Secured three Silver Medals in the ITTF Para Table Tennis FA.40 Competitions: the University Congratulates



Karazin University graduate and a representative of the Kharkiv Karazin University Foundation's Guardian Council, Marina Lytovchenko, clinched three silver medals in para table tennis competitions!

The ITTF Para Table Tennis FA.40 competition took place in Giza, Egypt, from January 24 to 27, 2024, featuring participants from 26 countries worldwide.

Marina Lytovchenko secured three silver medals in individual, doubles, and mixed events!

Congratulations to Marina Lytovchenko on her new sporting achievements! Wishing her continued success, strength, and good fortune in the future!



# Student Marta Fedina, as Part of the National Team, Won a Silver Medal at the 2024 World Aquatics Championships



On February 2nd, in Doha, Qatar, the World Aquatics Championships started.

The swimmers from Kharkiv became silver medalists, scoring 243.3167 points in the acrobatic group final. The team includes Martha Fedina, a student from the School of Sociology of Karazin University.

This marks the 25th medal in the history of our synchronized swimmers' performances at world championships. The competition in Doha will continue until February 9th.

Congratulations to Martha on her achievement! Wishing her strength and inspiration for future sporting accomplishments!

<https://karazin.ua/news/studentka-marta-fedina-u-nbsp-skladi-zbirnoi-vyborola-sribnu/>

# Karazin University Has Opened an Internship Program in the field of 221 "Dentistry"



Symbolically, on International Dentist Day, we announce this important news. Karazin University has obtained a license for the training of postgraduate medical students for internship under the specialty 221 "Dentistry."

In 2023, the university gained the right to train students of the second (Master's) level of higher education under the specialty 221 "Dentistry." Karazin University has established a powerful practice base for future specialists and found like-minded partners for collaboration and the improvement of medical education quality.

This is a significant milestone for the university! Thanks to the efforts of Karazin's community and the support of friends and partners, after 100 years, we are once again preparing true professionals in the field of dentistry within our walls.

<https://karazin.ua/en/news/u-nbsp-karazinskomu-vidkryto-internaturu-za-nbsp-spetsialnis/>

# Master the Specialty 225 "Medical Psychology" at Karazin University



We invite 11th-grade graduates to pursue education in medical psychology at Karazin University!

Students of this specialty will receive a range of unique educational opportunities during their studies:

- Engagement in the educational process with leading experts from the medical, sociological, and biological schools, the School of Psychology, and other structural units of Karazin University.
- Training at the clinical base of the School of Medicine, which is a specialized institution for the training of medical psychologists, a leading research and diagnostic institution in Ukraine — the State Institution "Institute of Neurology, Psychiatry and Narcology of the NAMS of Ukraine."
- Practice within the partnership projects of Karazin University, including gaining practical experience in the rehabilitation of servicemen of the Armed Forces of Ukraine.
- Obtaining additional international certificates in the medical and medical-psychological fields during the study period.
- Learning from the best specialists in the country — 30 professors and 150 associate professors will share invaluable experience and knowledge.
- Opportunity for employment at the university during and after graduation.

We invite you to study in the Karazin University family!

<https://karazin.ua/en/news/opanuite-spetsialnist-225-nbsp-laquo-medychna-psykholohiia/>

# Visit of WHO Representatives to the University



On March 15, the representatives of the Ukrainian and international offices of the World Health Organization (WHO) visited Karazin University during a working visit.

The meeting was attended by Dr. Fami Hanna, an expert from the Department of Mental Health and Substance Use at the WHO headquarters and co-chair of the Reference Group on Mental Health and Psychosocial Support (MHPSS) of the Inter-Agency Standing Committee.

WHO representatives met with the University's Rector, Tetiana Kaganovska, and an associate professor from the School of Psychology, Coordinator of the All-Ukrainian Mental Health Program in Kharkiv region, Liliya Zotova.

During the visit, they discussed cooperation issues, the importance of providing mental support to university staff and students, existing projects and centers for mental health rehabilitation, therapy, and support at Karazin University, as well as the need to incorporate a mental health component into educational programs. WHO representatives offered expert support in developing educational programs and mental health support programs.

During the meeting, there was a marketplace involving NGOs, international partners, and volunteers, as well as discussions on support programs: psychosocial assistance, stress relief, retraining, and adaptation for veterans.

The issue of mental health protection is extremely important, especially during times of war. Thank you for supporting initiatives aimed at meeting the urgent needs of society!

<https://karazin.ua/en/news/vizyt-predstavnykiv-vooz-do-nbsp-universytetu/>

# Meeting with Representatives of the International Organization "Peace and Sport"



At Karazin University, significant attention is always paid to sports and health work with students, promoting a healthy lifestyle. Physical education and sports are an important part of the educational process.

The university's Vice-Rector, Zarif Nazirov, met with representatives of the international organization "Peace and Sport". Based in the Principality of Monaco, the organization works to promote sport as a tool for peace among populations worldwide.

During the meeting, they discussed the university's participation in the annual #WhiteCard campaign on April 6, including organizing sports events during the campaign, as well as student participation in the UNESCO conference on peace and sport on April 4.

Zarif Nazirov talked about how Karazin University continues its sports activities despite the challenges of war and damage to university buildings. Participants in the meeting exchanged ideas on possible funding for the reconstruction of damaged sports complexes.

Grateful for the productive meeting and support! We believe that together we will be able to restore the university's sports infrastructure.



# Karazinites Joined the Global #WhiteCard Flashmob



The university community participated in the #WhiteCard flashmob on the occasion of the International Day of Sport for Development and Peace and World Health Day.

Prior to the full-scale invasion, sports were a daily norm for our university - table tennis appeared on the streets in spring, while indoor facilities hosted training sessions for basketball, boxing, futsal, MMA, fencing, chess, badminton, rock climbing, and archery.

During the major conflict, some things have changed. However, we have never stopped striving for victories, maintaining a healthy lifestyle, and dedicating ourselves to sports.

Participation in the flash mob is another opportunity to convey the Ukrainian voice to the entire sports world. Despite the war, we find opportunities to train and represent Karazin University and the entire Ukraine at international competitions. This year's theme for the International Day of Sport is "Sport for promoting peaceful and inclusive communities." With this gesture, we have shown that we will do everything to promote a healthy lifestyle, physical and intellectual activity, and provide equal opportunities for everyone, even in times of war.

The damaged sports complex "Karazinsky", which was the main sports artery of the university, will be rebuilt. All our halls will become even better. We believe that within their walls, people will train, grow, improve, compete, and win.

Thanks to everyone who joined us in this global initiative. Our unity drives us towards change and inspires us to achieve great things!

<https://karazin.ua/en/news/karazintsi-doluchylysia-do-nbsp-vsesvitnoho-fleshmobu-white/>



# International Day of Sport for Development and Peace



The Karazin community, united by common values, goals, and ideas, continues to make every effort to support the flame of knowledge, the spirit of sportsmanship, and the development of culture for the benefit of our society despite the trials of war.

In collaboration with the National Olympic Committee (NOC) of Ukraine in the Kharkiv region, Karazin University held solemn events for the International Day of Sport. On this occasion, representatives of the university, including Rector Tetyana Kaganovska, Vice-Rector Anatolii Babichev, Head of the Department of Physical Education and Sport Volodymyr Temchenko, met with the Head of the NOC branch in the Kharkiv region, Valerii Dema, the Head of the Department of Youth and Sports Affairs of the Kharkiv Regional State Administration Konstantyn Ananchenko, the President of the Fencing Federation of the Kharkiv Region Andrii Makarushchenko, and professional athletes from Kharkiv.

The Rector stated: "Today, despite the difficult night we have experienced once again in Kharkiv, we managed to gather in a warm family circle. We understand that we must continue to live and stand strong in our resilient city of Kharkiv.

Today we celebrate the International Day of Sport for the Development and Peace. Now the word 'peace' is very clear and desirable for us, so we will do everything possible to bring peace to our land as soon as possible.

For me, sport is not only about health and beauty, it is primarily about resilience and endurance, teamwork, and incredible productivity. I believe that these qualities will allow us to live, persevere, and achieve our most important goal - Victory."

For significant contribution to the development of sports, Valerii Dema awarded the team of Karazin University with an award from the NOC branch of Ukraine in the Kharkiv region.

Honorary guests of the event were Olympic athletes from Kharkiv, including the legendary swimmer, participant in 4 Olympic Games, medalist of world championships, honored master of sports of Ukraine Ihor Chervinskyi; bronze medalist of the 2004 Olympics, honored master of sports of Ukraine in archery Oleksandr Serdiuk; graduate of "Unifekt", Ukrainian fencer, medalist of world championships, participant of the Olympic Games in Tokyo, honored master of sports Roman Svichkar.

Let's continue moving forward. Happy International Day of Sport!

<https://karazin.ua/en/news/urochysti-zakhody-z-nbsp-nahody-mizhnarodnoho-dnia-sportu-na/>

# Movement is Life: Karazin University Hosts Sports Day



In extremely challenging times for our city, we continue to come together, feel the warmth of companionship, demonstrate the resilience of the Ukrainian spirit, and find light even in seemingly total darkness.

On the occasion of the International Day of Sport for Development and Peace, the university sports club "Unifect" became a meeting place for all enthusiasts of a healthy lifestyle. A Sports Day was held with Karazin University, where schoolchildren and students of Kharkiv could immerse themselves in sports activities and test their skills in various sports disciplines.

According to the words of the university Rector Tetyana Kaganovska, sport is not just about health and beauty; it is primarily about resilience, endurance, teamwork, and incredible productivity. And it is these qualities that allow us to stand strong despite all challenges.

Throughout the Sports Day, approximately 100 young athletes attended training sessions and masterclasses. In fencing and table tennis, arm wrestling and archery, each participant found their inner strength, strived for excellence, and showed a thirst for victory. Chess and orienteering opened the young ones' paths to strategic thinking and precision.

In karate classes, participants were able to grasp the discipline and self-control that this sport entails. And on the opposite end of the spectrum, but no less interesting, was the dynamic and rhythmic fitness training.

The United Nations consistently emphasizes the role of sport in achieving Sustainable Development Goals. Sport can contribute to public health, education, and social integration. Karazin University shares these values. And undeniable evidence of this is that even despite significant damage to parts of the sports complex, life continues to thrive within it.

We are filled with an unbreakable spirit, confidence, and ambition! We do not yield to obstacles; on the contrary, we believe that we can rebuild something better. This is what makes our people unbeatable!

<https://karazin.ua/en/news/rukhnbsp-mdash-tse-zhyttia-u-nbsp-karazinskomu-provely-d/>

# University Celebrates World Health Day



April 7 is celebrated as World Health Day. Established in 1950, this holiday is dedicated to the importance of health for every individual and society as a whole.

Every year, the World Health Organization defines a specific theme for the holiday. This year it is "My Health, My Right."

Health is not just the absence of illness, but also harmony between a person's physical, psychological, and social well-being. In 2024, particular attention is being paid to education and access to medical care for everyone, regardless of their financial status or place of residence. However, since the start of the full-scale Russian invasion of our country, we have had to fight every day for the right to life, conditions for preserving the nation's health, and environmental safety.

Health is a source of vitality, inspiration, and joy. It is a tool that allows one to fully realize their potential, achieve prosperity, and lead a happy life. Taking care of one's own health is modern, relevant, and responsible!

<https://karazin.ua/en/news/vsesvitnii-den-zdorovia-universytet-vidznachaie-1/>

# Ukrainian Futsal Championship among Higher Education Institutions: Karazin University Takes the 3d Place



From April 10th to 12th, the "Final Eight" of the Ukrainian Futsal Championship among higher education institutions for the 2023/2024 academic year took place in Ivano-Frankivsk.

Athletes from Karazin University also participated. The Karazinites won the match for the 3rd place against the team from Kyiv National University of Construction and Architecture and became the bronze medalists of the Ukrainian Futsal Championship among higher education institutions.

Also, the best goalkeeper of the championship was Andrii Ostrikov, a student of the School of Radio Physics, Biomedical Electronics, and Computer Systems.

The champion of Ukraine among higher education institutions for the 2023/2024 academic year earned the right to participate in the European University Games, which will take place in July in Debrecen, Hungary.

Congratulations to the Karazin University team on their achievement, and we wish them perseverance and new sporting victories!

<https://karazin.ua/en/news/chempionat-ukrainy-z-futзалu-sered-zakladiv-vyshchoi-osvity/>

# Karazin University Futsal Team's Award Ceremony



Indomitable Kharkiv thrives, Karazin University works, and rejoices in new achievements! The university family takes pride in the accomplishments of Karazinites, who continue to demonstrate outstanding results and achieve success despite challenging realities.

The Karazin University team became the bronze medalist of the XXII Championship of Ukraine in futsal among higher education institutions for the 2024 season, which took place in Ivano-Frankivsk from April 10th to 12th.

On this occasion, the championship winners met with the university administration at Karazin University. Rector Tetyana Kaganovska noted that it is thanks to the efforts of Karazinites that our university is known far beyond the borders of Kharkiv and Ukraine, and today these achievements are particularly valuable and motivating us to continue working and moving forward!

The players and coaches of the team received Appreciation certificate for their significant contribution to the development of sports at the university.

Honorary guests, graduates, friends, and partners of the university also visited to congratulate the team. Among them were Igor Haydar, Director of the Municipal Sports Club "Kharkiv", Oleg Chigrinov, Chairman of the Kharkiv Regional Futsal Association, and Olena Kriventsova, Head of the Kharkiv Regional Branch of the Committee on Physical Education and Sports of the Ministry of Education and Science of Ukraine.

The university presented the national futsal team with a certificate for the purchase of a new set of game uniforms. The players also received rewards from the trade union organization of students, graduate students, and postgraduates of Karazin University.

Together, we continue to support the development of education, science, culture, and sports in Ukraine!

<https://karazin.ua/en/news/urochyste-nahorodzhennia-zbirnoi-komandy-z-nbsp-futзалu-kara/>

# A Training on "First Psychological Support" Took Place at Karazin University.



Karazin University pays significant attention to deepening knowledge about mental health. The ability to provide first psychological support is extremely important, as it can be useful not only in times of crisis but also in our everyday lives.

For students of the School of Psychology, representatives of the International Swiss humanitarian organization "Medair" conducted a training on providing Psychological First Aid (PFA). Participants gathered in a safe space within the university and were able to experience the warmth of personal communication.

Students deepened their knowledge of the basic principles of supporting individuals affected by crisis situations, learned about the application of PFA principles and role-playing games, and the specifics of working with vulnerable population groups that may require special attention.

We are grateful to the representatives of the International organization "Medair" for conducting the training, providing valuable knowledge and skills for supporting mental health, which are essential and relevant for everyone!

<https://karazin.ua/en/news/u-nbsp-karazinskomu-vidbuvsia-treninh-nbsp-laquo-persha-psy/>

# Stress Awareness Day



April 16th is Stress Awareness Day, observed annually at the initiative of the British International Stress Management Association.

Stress - is the body's reaction to factors that potentially threaten a person's physical and mental health. These factors can vary: job loss, the death of a loved one, physical overload, or working under time constraints.

Stress can arise from minor issues as well as more tragic situations, triggering emotional reactions in individuals accompanied by a range of physiological and psychological disturbances. It's known that stress is the cause of perhaps 90% of all illnesses.

Events of today, which do not allow for relaxation and rest, especially exacerbate the stressful situation. Whether at the center of events, observing them, or just browsing through the constantly updating news feed, we all, even involuntarily, feel the influence of stress factors. The main symptoms of stress include:

- Severe fatigue, inattention;
- Irritability, aggression;
- Anxiety, excessive worry;
- Baseless fears;
- Memory disorders;
- Regular physical ailments;
- Difficulties in relationships with family or loved ones, spending less time with them;
- Lack of desire to return to work or inefficiency at work;
- Feeling of alienation, lack of recognition in society.

Usually, it's difficult for a person to prepare for a stressful situation in advance, but it is possible to anticipate and prepare for stressful events. It's noted that positive social support (family, friends, colleagues, like-minded groups) can be one of the most important factors in a person's stress resilience.



<https://karazin.ua/en/news/den-obiznanosti-pro-nbsp-stres/>

# Students of the School of Medicine Participated in an Internship in Medical Microbiology in Germany



As part of the academic mobility program under the memorandum of cooperation with the University of Regensburg, second-year students of the School of Medicine of Karazin University participated in an internship in medical microbiology.

Students enhanced their knowledge of bacterial differentiation methods, independently performed Gram staining and microscopy of specimens, learned the technique of Ziehl-Neelsen staining, conducted microscopic observation of bacteria in real-time, and improved their knowledge of spore and capsule microscopy.

Within the program, the students studied the biochemical properties of bacteria, conducted bacterial testing for antibiotic resistance, and PCR analysis of nasal swabs for MRSA.

During the practical training, they improved their skills in using light and fluorescent microscopy and acquired many other practical skills.

With the support of the Dean of the School of Biology and Preclinical Medicine, Professor Ralph Witzgall, and with the direct involvement of Dr. Robert Reichheld and the Coordinator of the Department of Medical Microbiology, Dr. Benedict Asbach, Karazin students not only deepened their theoretical knowledge of medical microbiology but also practically improved their skills and mastered methods of preparing microbiological preparations and their microscopy.

<https://karazin.ua/en/news/studenty-medychnoho-fakultetu-vzialy-uchast-u-stazhuvanni-z/>



# Series of In-person Physiology Classes for Medical Students in Accordance with the Cooperation Memorandum with the University of Regensburg



As part of the student exchange program, second-year students from the School of Medicine of Karazin University participated in a series of in-person physiology classes based on the cooperation memorandum with the University of Regensburg.

With the support of the Dean of the School of Biology and Preclinical Medicine, Professor Ralph Wittig, and the participation of Professor Frank Schwed from the University of Regensburg, Karazin students were introduced to German standards in higher medical education. Associate Professor Vera Shekh from the Department of Human and Animal Physiology of the School of Biology of Karazin University, who is on scientific and pedagogical internship for teachers at the University of Regensburg, also joined the classes.

The future doctors independently performed laboratory work on ECG registration and analysis, blood flow in arterial and venous vessels, heart activity regulation, local and systemic blood circulation, cardiovascular and respiratory system physiology, sensory system studies, physiological basis of behavior, and blood system physiology.

Practical skills training was conducted using modern equipment, including an electrocardiograph, an adjustable table with tilt, Goldman's perimeter projector, a soundproof booth for hearing tests, express blood group test, spirometer, tonometer, electromyograph, and more.

We are delighted to create opportunities for our students and implement practical classes even under such challenging circumstances!

<https://karazin.ua/en/news/tsykl-ochnykh-zaniat-z-fiziologii-dlia-studentiv-medykiv-zgh/>

# Ukrainian Archery Championship: results



From April 21st to 24th, the Ukrainian Archery Championship took place in Chernivtsi.

Following the competition, Victoria Stepanenko, a graduate of the School of International Economic Relations and Travel Business, secured the bronze medal in individual events.

In team competitions among men, Mykyta Dyunyashev, a student at the School of Law, narrowly missed the podium, finishing in 4th place.

Mykyta placed 6th in mixed team competitions and ultimately secured the 17th position in individual events, where he initially ranked sixth after the qualifying rounds.

Congratulations to the athletes and their coach, Senior Lecturer of the Department of Physical Education and Sports, Viktor Halaziuk!

<https://karazin.ua/en/news/chempionat-ukrainy-zi-strilby-z-luka-rezultaty/>

# Student Mykyta Diunyashev – a Multi-medalist in Archery Competitions



Talented Karazin students achieve new victories!

From April 29 to May 3, Lviv hosted the "Olympic Hopes" archery competition among juniors and cadets. Among the medalists of these competitions was a student Mykyta Diunyashev (Law School). He secured gold medals in individual competitions and in the mixed pairs tournament, as well as a bronze medal in the men's team event.

Currently, Mykyta continues his preparation for the Ukrainian Universiade and the Junior Championship of Ukraine, which will take place at the end of May and the beginning of June in Lviv.

Congratulations to the athlete and his coach, Senior lecturer of the Department of Physical Education and Sports Viktor Halaziuk!

# University Alumna Victoria Koval has been Elected to the Executive Committee of the European Archery Federation



Congratulations to Victoria Koval, a graduate of the School of Chemistry, on her election to the Executive Committee of the European Archery Federation for the next 4 years.

Victoria Koval is a Ukrainian Master of Sports of international class, a participant in the Olympic Games (2008) in Beijing, European champion (2010), medalist of the World Championship (2007), winner and medalist of World Cups (2008–2010), European Grand Prix (2010–2011), and a medalist of the World University Games. From 2008 to 2016, she was a member of the Executive Committee of the World Archery Federation.

From 2012 to 2023, Ms. Victoria worked as a Senior lecturer at the Department of Physical Education and Sports of Karazin University.

# Student Vladyslav Vasyliiev Became the Champion of Ukraine in Futsal as part of the "Athletic Futsal" team



We celebrate the new achievements of Karazinites in the field of sports!

Vladyslav Vasyliiev, a student of the School of Radiophysics, Biomedical Electronics, and Computer Systems, as part of the "Athletic Futsal" team (Dnipro), became the champion of Ukraine in futsal among teams of the 1st league for the 2023-2024 season.

Congratulations to the captain of the Karazin University team on this accomplishment!

<https://karazin.ua/en/news/student-vladyslav-vasyliiev-u-nbsp-skladi-komandy-quot-athle/>

# At Karazin, a Charity First Aid Training Session Raised 13,250 UAH for the Armed Forces of Ukraine



On May 4th, a charity first aid training session was held at Karazin University. The event was organized by students of group BA-11 from the Karazin Business School, in collaboration with instructors from the NGO "Takmed Kharkiv."

During the training, participants completed a first aid course based on the American College of Surgeons' "Stop The Bleed" program. This program is designed to teach civilians the skills needed to stop severe bleeding.

Participants learned the theory of stopping massive hemorrhages and practiced the methods to effectively control them. The event raised 13,250 UAH, which was donated to fund a pickup truck for the Third Separate Assault Brigade.

The organization of the training involved students from group BA-11: Anastasia Yatlenko, Maria Shapovalova, Hanna Ruban, Alina Pogrebnyak, Olga Krasinska, Vladyslav Chaplinsky, and Ekaterina Babenko. The event was supported by the administration of the Karazin Business School and mentored by the "Event Creation" course instructor Anton Kvitka.

We thank the Karazin Business School and "Takmed Kharkiv" for disseminating essential knowledge and supporting the Armed Forces of Ukraine.

<https://karazin.ua/en/news/u-nbsp-karazinskomu-vidbuvsia-blahodiinyi-treninh-z-nbsp-dom/>