



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

Karazin University has Opened its Second location for educators under the program "Providing Primary Medical Assistance to Educational Recipients"



On August 25, 2023, the Simulation Center of the School of Medicine at Karazin University has been opened its second location for professional trainings in Kharkiv under the working educational program titled "Providing Primary Medical Assistance to Educational Recipients."

The Director of the Postgraduate Education Center, Mykhailo Tatarinov, conducted a safety briefing for the participants, ensuring compliance with safety requirements, and familiarized them with the specifics of conducting practical sessions on airway obstruction and providing primary aid. Assistant Professor of the Institute of General Surgery, Anesthesiology, and Palliative Medicine at the School of Medicine, Ivan Rudas, conducted practical and training sessions with the participants on the relevant topics. He collaborated with them to ensure the completion of exercises related to the use of simulators. Participants in the training began to develop the necessary competencies.

Training teachers and administrators in primary medical Assistance contributes to improving healthcare and ensuring quality medical care.



Karazin University is Participating in Training for Coaches of Future Veteran Assistants



In Kyiv, training for coaching teams of future veteran assistants at the regional level is currently underway. This initiative is organized by the Ministry of Veterans Affairs of Ukraine with the generous support of UNDP in Ukraine and international donors. Twenty scientists and educators from leading higher education institutions are undergoing an intensive course titled 'Theory and Practice of Training Specialists in the Support of War Veterans and Demobilized Persons,' which is a part of the experimental project initiated by the Ministry of Veterans Affairs to introduce the concept of veteran assistants in Ukraine. Future veteran assistants will be trained in Centers for Veteran Development established within higher education institutions, including Karazin University, as a part of the Ministry of Veterans Affairs' initiative. During three days of training, participants develop an understanding of the process of preparing specialists who will support veterans and demobilized individuals within the approved qualification improvement program. They also examine theoretical and practical aspects of veteran support during the transition from military service to civilian life, including psychological and communication nuances in working with veterans and their families, organization of work, and document flow for specialists in veteran support, among other topics.

Strong health and well-being — training specialists to support veterans ensures access to mental health services, psychosocial support, and reintegration.



Karazin's unlimited sports continue. The university promotes the improvement of students' physical health by providing access to sports clubs and a gym.



Online and offline classes (aerobics, fitness, gym) promote physical activity. Reducing the risks of chronic diseases among young people. Promoting a healthy lifestyle.

The Department of Physical Education and Sports invites students to online classes in sports sections and physical fitness groups in aerobics and fitness, athletics (gym), volleyball, archery, futsal, crossfit, cheerleading, and powerlifting for the 2023/2024 academic year. Additionally, a gym operates from Monday to Saturday in the main building of the university. We invite students and university staff to engage in active physical education and sports activities!



Graduate and employee of the School of Sociology, Marina Litovchenko won the gold medal at the European Para-Table Tennis Championship



Promoting a healthy lifestyle and supporting Paralympic sports as components of health and inclusion are priorities of Karazin University.

Graduate and employee of the School of Sociology, Marina Litovchenko, achieved victory at the European Para-Table Tennis Championships (ITTF European Para Table Tennis Championships), which took place from September 4 to 9 in England (Sheffield). Marina Litovchenko demonstrated a high level of skills and sportsmanship, impressing both fans and experts at the event. In the final match with a score of 3-0, she defeated a Polish player and secured the gold medal in the individual standings. Marina is a true example of what can be achieved with strong determination and perseverance. She has once again confirmed her status as the best athlete in her class, becoming a world champion in table tennis.



<https://karazin.ua/en/news/maryna-lytovchenko-vyhrala-zoloto-na-paralimpiiskomu-chempio/>

Karazin University Held a Graduation Ceremony for Educators under the Program "Providing Primary Medical Assistance to Education Recipients"



Ensuring a healthy lifestyle and promoting well-being for all. We are working to improve safety and health standards in educational institutions.

For the first time, Karazin University held a graduation ceremony for educators and managerial staff of the municipal institution "Kharkiv Lyceum No. 28 of the Kharkiv City Council" who had acquired the relevant competencies within the educational program "Providing Primary Medical Assistance to Education Recipients" during September-October 2023. As part of the event, the director of the postgraduate education center, Mykhailo Tatarinov, congratulated the teaching staff of the lyceum on World Teachers' Day, wishing them good health, innovative activities, professional pragmatism, family happiness, and optimism in their work with general education recipients and their parents. Dean of the School of Medicine, Professor Tetiana Liadova, analyzed the results of the final survey for the program "Providing Primary Medical Assistance to Education Recipients" conducted by the participants. She noted the high level of theoretical material assimilation and its effective combination with practical components, allowing everyone present at the event to provide necessary quality primary medical assistance when needed. She expressed hope for further creative collaboration with the lyceum staff on various educational, methodical, and scientific matters. Furthermore, attendees received informational-methodical booklets from the dean regarding various educational events within the postgraduate education system. The director of the lyceum, Olga Liapunova, expressed sincere gratitude to the school of Karazin University for their high professional expertise in organizing and conducting classes with teachers in qualification enhancement courses according to the relevant educational program.



The Launch of the Project "Center for Postgraduate Medical Education at Karazin University"



Karazin University Launches the Center for Postgraduate Medical Education. One of the largest educational initiatives has been developed in the country in the field of postgraduate medical education for experienced specialists, beginners, medical interns, and students in all medical specialties. The Center for Postgraduate Medical Education offers 16 specialties of internships, 43 secondary medical specializations, over 300 continuous professional development events for medical professionals, and the best simulation center in the country with training equipment from renowned global brands. Within the Karazin Center, there is the most powerful dental school in the country with its simulation and clinical-practical educational centers, international certification programs, three international medical startup projects, and more than 20 top clinical bases in the region. Karazin University's educational initiatives for non-medical specialists provide professional knowledge that every Ukrainian needs. The center teaches essential skills such as providing emergency assistance, controlling bleeding, performing cardio-pulmonary resuscitation, maintaining health and beauty, promoting a healthy lifestyle, and conducting medical manipulations, among others. The Center has combined 200 years of classical university education traditions with innovative teaching technologies, involving the country's top simulation center and 30 leading healthcare institutions in the region. It collaborates with 12 institutes of the Medical School, runs 21 schools for postgraduate medical education, and partners with 17 schools of the university to train medical professionals.

This project is a vivid example of the synergy of education, science, medicine, and social responsibility, aligning with the spirit of the SDGs. The center contributes to improving the quality of medical care in Ukraine by training doctors, interns, students, and even people without medical education.



<https://karazin.ua/en/news/start-proiektu-laquo-tsentr-pisliadyplomnoi-medychnoi-osvit/>

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



Promoting a healthy lifestyle and encouraging physical activity. Inclusion and equality in the fields of health and sports.

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



Supporting talented youth as an investment in the future health of society. Social support and cohesion through sporting achievements.



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/en/news/studentka-marta-fedina-u-nbsp-skladi-zbirnoi-vyborola-sribnu/>

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



The development of the postgraduate medical education system aims to enhance the professional competence of doctors. The opportunity to undergo internship training in the specialty of dentistry ensures continuous professional development of medical professionals, providing a modern standard of medical care.



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

The introduction of the specialty "Medical Psychology" is aimed at training qualified professionals who will help support the mental health of the population, which is an important component of overall well-being.



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



The importance of healthcare during wartime — global challenges in ensuring health security and adapting healthcare systems in crisis situations.

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.



Promoting a healthy lifestyle among university students.

Karazin University systematically implements wellness initiatives, placing great emphasis on mass sports activities and fostering a culture of health within the student community.

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



Integration of sports into the values of the educational environment.

At the university, sports are viewed as an integral part of education, fostering not only physical endurance but also values such as teamwork, discipline, perseverance, and sustainability.



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



Supporting public health during wartime. Holding Sports Day in Kharkiv—a city that is constantly under attack—became an act of support for the mental and physical health of young people, helping to overcome stress and restore the inner balance of the participants.

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/rukh-nbsp-mdash-tse-zhyttia-u-nbsp-karazinskomu-provely-d/>

University Celebrates World Health Day



Focus on the accessibility of medical care.

In 2024, special attention is given to medical education and equal access to medical services for all—regardless of gender, age, income, place of residence, or social status—which fully aligns with the goal 3.8 of the SDGs: achieving universal health coverage.

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!

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



Supporting student sports as a component of public health.

The futsal championship contributes to building institutional capacity in the field of youth sports, aligning with the goal of ensuring inclusive access to physical activity for young people in higher education.

Psycho-emotional support in wartime conditions.

Sporting achievements, participation in competitions, and team spirit have a positive impact on students' mental health, especially during wartime, when maintaining mental well-being is critically important.

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



Promoting a culture of health through education and sports.

Such events integrate sports into the education system as an important component of the holistic development of the individual, aligning with the overarching goal of SDG 3 — ensuring healthy lives and promoting well-being for all.

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.



Prioritizing mental health as an integral part of overall well-being. Health is not only a physical condition but also a mental one. Karazin University implements this idea through educational initiatives that foster a culture of caring for mental health.

Training in psychological first aid (PFA) helps expand access to support tools for vulnerable groups and builds students' capacity to assist in crisis situations. This aligns with SDG target 3.4: reducing mortality from mental disorders and improving mental well-being.

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/media/foto/u-karazinskomu-vidbuvsia-treninh-nbsp-laquo-persha-psykholo/>

Stress Awareness Day



ЯК ОПАНУВАТИ СТРЕС?

9 способів
самопоміги



Stress Awareness Day highlights the importance of understanding and managing stress as a key factor in both physical and mental health.

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.

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



Improving the quality of medical education. Medical students at Karazin University have gained access to the modern educational platform of the University of Regensburg, which contributes to the training of qualified professionals in the field of healthcare.



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



Improving the future of healthcare delivery. The knowledge and practical skills acquired form the foundation of clinical thinking and professional training, directly impacting the quality of future medical services and contributing to the preservation of public health.

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



Achievements in sports as an indicator of overall youth well-being. Students' high performance in competitions reflects the effective implementation of approaches to preserving and strengthening youth health at the institutional level.



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!

Supporting physical activity as a foundation for strengthening youth health

Fostering motivation for sports and a healthy lifestyle among students

Professional support from the coaching staff
Integrating youth into the sports environment, which promotes socialization, psychological well-being, and self-fulfillment

<https://karazin.ua/en/news/student-mykyta-diuniashev-nbsp-mdash-multymedalist-zmahan/>

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.

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<https://karazin.ua/en/news/vypusknysia-universytetu-viktorii-koval-uviiishla-do-nbsp-s/>

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



Promoting sports and an active lifestyle among students, contributing to the preservation of young people's physical and mental health

Supporting youth sports at both the university and national levels

Developing teamwork, leadership skills, and social inclusion as key components of well-being

Fostering a positive sports environment that inspires peers toward self-development



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



Raising awareness about first aid.

The training enabled participants to acquire skills that can save lives in critical situations.

Fostering a culture of safety and responsible citizenship.

Training in bleeding control techniques, both in peacetime and during war, promotes the development of quick response skills and increases civic awareness.



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/>