

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



All-Ukrainian Mental Health Program "How are you?"



According to sociological surveys, more than 90% of Ukrainians have experienced at least one of the symptoms of anxiety disorder, and 57% are at risk of developing mental disorders. Ukrainians are not in the habit of seeking professional help: 31% of citizens do not consider their problems sufficient to do so. This is currently the main barrier to seeking psychological help.

The All-Ukrainian Mental Health Program "How are you?", initiated by the First Lady of Ukraine Olena Zelenska, aims to help Ukrainians find a source of strength. The source is internal, in oneself, at the level of awareness and recognition of one's own mental state and at least an approximate assessment of the degree of its crisis. Taking care of mental health should become a habitual responsibility of everyone.

<https://karazin.ua/en/news/vseukrainska-prohrama-mentalnoho-zdorovia-laquo-ty-iak-raq/>



World Health Day: the University celebrates

World Health Day is celebrated annually on April 7. The holiday was established in 1950, and the date of the celebration is dedicated to the day of the adoption of the World Health Organization's Charter in 1948.

Each year, the World Health Organization determines a specific theme for the holiday. In 2023, it is "Health for All". After all, everyone has the right to receive the services they need for health reasons. Healthcare services must guarantee equal access to healthcare for all without discrimination based on financial status, place of residence, type of disease or time of seeking care.

In Ukraine, after the full-scale russian invasion, the most important task facing society is to protect the lives of children, civilians and the Ukrainian military. Therefore, all efforts should be aimed at creating conditions to preserve the life and health of the nation.

Health is vitality, inspiration and enjoyment of life. It is the ability to set goals and achieve them in order to realize one's full potential. Taking care of your health is relevant, modern and prestigious.



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



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International Day of Sport for Development and Peace



The UN representatives introduced this holiday to draw public attention to the importance of sports and sports competitions for human development and peaceful relations. After all, sporting activity is a guarantee of health and well-being, a universal unifying factor for people of different nations, which helps to eliminate disputes and disagreements between different segments of the world's population.

Sport for Development and Peace is the key thesis of this international event, which defines the importance and necessity of this universal activity for each individual and society as a whole. A healthy lifestyle, physical and mental activity are the key to our prosperity and well-being.

Every year Ukraine takes an active part in celebrating this holiday, as it recognizes the unique power of sport to unite people around peace, friendship and development.

For Karazin University, physical culture and sports are an important part of the educational process, so much attention is paid to sports and recreational work with students, who can practice a sport chosen from a wide range of sports for free throughout their studies.



<https://karazin.ua/en/news/mizhnarodnyi-den-sportu-na-nbsp-blaho-rozvytku-ta-nbsp-myru/>



Sports unlimited

Karazin students can do sports for free during their studies.

Currently, the university has sports sections for the following sports:

- basketball (for women);
- basketball (for men);
- volleyball (for women);
- volleyball (for men);
- football (for men);
- boxing;
- mixed martial arts MMA;
- table tennis;
- tennis;
- fencing;
- powerlifting;
- cheerleading;
- checkers;
- chess;
- badminton;
- kickboxing;
- rock climbing;
- archery.



<https://karazin.ua/en/kultura/sport-u-karazinskomu/sportyvnyi-bezlimit/>

Students choose a sport according to their own preferences.



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University student Ksenia Makarushchenko became a silver medalist in the fencing tournament of the Universiade of Ukraine-2023

On May 5-9, 2023, the XVII Summer All-Ukrainian Fencing Universiade was held at the tracks of the educational and sports complex of the Lviv State University of Physical Culture named after I. Boberskyi.

Kseniia Makarushchenko, a 2nd year student of the School of Economics, became a silver medalist in the fencing tournament of the Universiade of Ukraine-2023.



<https://karazin.ua/en/news/studentka-universytetu-kseniia-makarushchenko-stala-sribnoi/>



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A Karazinite Nikita Dyunyashev became the champion of Ukraine among juniors in archery



Mykyta Dyunyashev, a student of Karazin University's Law School, became the Ukrainian junior archery champion. He also qualified for the Junior World Championships.

The competition took place in Lviv on May 24-27, 2023.

In addition to the gold medal in the individual competition, Mykyta also won 2 bronze medals: in the men's and mixed team competitions.

<https://karazin.ua/en/news/student-mykyta-diuniashev-stav-chempionom-ukrainy-sered-iuni/>



Karazin archers successfully performed at the Universiade of Ukraine-2023

On May 28-31, 2023, the best archers of higher education institutions competed for medals of the Universiade of Ukraine-2023 in Lviv.

Representatives of Karazin University also performed well at these competitions.

Vira Okhotska, a graduate of the School of Sociology, became the champion in the mixed team tournament and took second place in the individual competition.

Mykyta Dyuniashev, a student of the School of Law, became a silver medalist in the archery competition among mixed teams, and in the men's team competition, together with Mykyta Kravchuk, a graduate of the Education and Research Institute of Computer Physics and Energy, climbed to the top

Viktoriia Stepanenko, a student of the School of International Economic Relations and Travel Business, took fourth place in the women's team tournament and for the first time fulfilled the standard of Candidate Master of Sports of Ukraine.



<https://karazin.ua/en/news/karazin-ski-luchnyky-vdalo-vystupyly-na-universiadi-ukrainy-n/>



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Maryna Lytovchenko wins two gold medals at the international table tennis tournament



Ukrainian athletes demonstrate incredible strength of spirit, make titanic efforts and continuously fight for Ukraine's championship in the international sports arena.

The national Paralympic table tennis team successfully performed at an international tournament held on June 20-25 in Ostrava, Czech Republic.

Maryna Lytovchenko, a graduate and employee of Karazin University's School of Sociology, won gold in individual and team competitions.

<https://karazin.ua/en/news/maryna-lytovchenko-zdobula-dvi-zoloti-medali-na-nbsp-mizhnar/>



Online Seminar on the Implementation of the Project "Development of Digital Educational Modules for Members of Civil Organizations in Social and Healthcare Sectors"

On August 28, a virtual seminar was held for representatives of NGOs in the social and healthcare sectors and local institutions, that cooperate with them, to receive feedback on the completeness, appearance and understanding of the videos, developed within the framework of the project "Development of digital training modules for members of civil society organizations in the social and healthcare sectors.



The initiative was implemented by the staff of V. N. Karazin Kharkiv National University with the support of the German Agency for International Cooperation.

- During the event, project manager Yulia Kvitka made a welcoming speech and told more about the seminar and the project itself. Oleksiy Lyska, Advisor of the GIZ project "Strengthening Resources for Sustainable Development of Host Communities in Eastern Ukraine," welcomed the participants and emphasized the importance and practical results of the project.
- The project experts presented short animated videos developed as part of their module. They are, in particular, Olena Parkhomenko, Associate Professor of the Department of Management and Administration of the Karazin School of Business, Viktor Savchenko, Associate Professor of the Department of Civil Law Disciplines of the Law School of Karazin University, Olena Yarmosh, Associate Professor of the Department of International Economic Relations of the Semen Kuznets Kharkiv National Economic University, Serhiy Berenda, Director of the Karazin School of Business, Yulia Prus, Associate Professor of the Department of Management and Administration of the Karazin School of Business, and Yulia Kovalchuk, Head of the Department of Public Relations and International Cooperation of the National Agrarian University of Ukraine.
- A discussion of the developed materials was also held, during which the participants of the seminar, representatives of public organizations from different cities of Ukraine provided their feedback, further recommendations, and noted the relevance of this topic and the need for its development.



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Student Marta Fedina, as part of the national team, won a bronze medal at the World Aquatics Championships

The World Aquatics Championships have ended in the Japanese city of Fukuoka.

The last final for the Ukrainian artistic swimming team was the free program.

According to the results of the competition, the athletes took third place.

Marta Fedina, a student of the School of Sociology, was also a member of the Ukrainian national team in artistic swimming.



<https://karazin.ua/en/news/studentka-marta-fiedina-u-skladi-zbirnoi-zavoiuvala-bronzovu/>



University graduate Denys Veletskyi is a champion of Ukraine with the Prometheus volleyball club and a master of sports of Ukraine



Denys Veletskyi, a graduate of Karazin University School of Economics, became the champion of Ukraine in the 2022-2023 season as part of the Prometheus Volleyball Club (Dnipro) and was awarded the title of Master of Sports of Ukraine.

Next season, he will participate in the European Champions League as a member of VC Prometheus.

<https://karazin.ua/en/news/vypuskyk-universytetu-denys-veletskyi-nbsp-mdash-chempion/>



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Maryna Lytovchenko wins gold at the European Paralympic Table Tennis Championships

Marina Lytovchenko, a graduate and employee of the Faculty of Sociology, won the ITTF European Paralympic Table Tennis Championships, which took place on 4-9 September in Sheffield, England.

Marina Lytovchenko demonstrated a high level of skill and sportsmanship, impressing fans and experts of the event. In the final match, she defeated the Polish player with a score of 3:0 and won gold in the individual competition.

Maryna is a true example of how strong will and perseverance can help you reach the highest heights. She has once again confirmed her status as the best athlete in her class by becoming the world table tennis champion.

Congratulations to Marina on her victory! We believe that even better achievements are ahead, and we wish her further victories and conquest of new heights.



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



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Ukrainian tennis team wins Davis Cup First World Group match



The Ukrainian national tennis team defeated Colombia in a Davis Cup World Group One match.

On 14 and 15 September, the teams played for a ticket to the Davis Cup 2024 final tournament qualifiers on the hard courts of Kaspi (Georgia).

The winner of the confrontation in Georgia was determined after five matches - 3:2 in favour of the Ukrainians. The decisive fifth match was played by Vladyslav Orlov, a graduate of the Karazin University School of Economics, against Nicolas Mejia (305th in the world rankings). Vladyslav lost the first set 5-7, but managed to win the next two sets.

After the match, Vladislav said: "We gave everything we could and even more. We won where we had no chance. Ukraine, this is for you. It's the least we can do. The Ukrainian nation is strong and free, we cannot be defeated. Ukrainian defenders, we are with you. Glory to Ukraine!"

<https://karazin.ua/en/news/ukrainska-zbirna-z-tenisu-zdobula-peremohu-v-matchevii-zustr/>



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Results of the Final Tournament of the Junior Euro-2023 Futsal Championship



The U-19 national team of Ukraine, which included three representatives of Karazin University, stopped a step away from the final of the Junior Euro 2023: Andrii Yelishev and Vladyslav Tkachenko ("School of Radiophysics, Biomedical Electronics and Computer Systems"), as well as Ihor Peletskyi, who studied at the Education and Research Institute " School of Physics and Technology". The competition took place in the Croatian city of Poreč on 3-10 September.

The Ukrainian team took first place in the group, where its rivals were peers from Italy, Slovenia and Finland, and lost 2-3 to the Spanish team in the semi-finals. The rules of the competition did not provide for a match for third place.

Congratulations to our athletes and their coaches, senior lecturers of the Department of Physical Education and Sports Vitalii Chernyshov and Yurii Petrenko!

We are grateful to the Armed Forces of Ukraine and together we are bringing the Victory closer!

<https://karazin.ua/en/news/rezultaty-finalnoho-turniru-iuniorskoho-ievro-ndash-2023-z-f/>



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