

SDG3: Good Health and Well-being

Moscow Polytech at a Glance

Moscow Polytech builds relationships and cooperates with local, national and international healthcare institutions in pursue of improving well-being of staff, students and local communities, as well as promotes healthy lifestyle. A range of initiatives, activities and projects were organized and implemented in 2022-2023 academic year, including a few flagship and bright events referred to below.

Moscow Polytech provided students with access to free medical services on the basis of medical institutions of the city of Moscow, access to the services of healthcare was available in various specialist fields, including sexual and reproductive health.

<https://mospolytech.ru/studencheskaya-zhizn/medical-help/medicinskaya-slujba/>
<https://mospolytech.ru/upload/medialibrary/8d8/pervokursnikam-o-medicinskoy-slujbe-2022.pdf>

Moscow Polytech supported staff and students via individual on-site and on-line services around mental health and well-being. Medical and psychological support was available for all staff and students.

<https://mospolytech.ru/studencheskaya-zhizn/medical-help/slujba-psihologicheskoy-pomoschi/>

Moscow Polytech promoted healthy life style and introduced a smoking ban policy as part of the Internal Regulations and Behavior at the University and across all the territories of the dormitories. Prohibition of smoking over the territory of dormitories (in English).

<https://profkommospolytech.ru/wp-content/uploads/2022/01/b04d153199cfaf7d7f2e119f6d2b6bf.pdf>
<https://mospolytech.ru/upload/medialibrary/8c6/Pravila-vnutrennego-rasporyadka-v-studencheskom-gorodke-Moskovskogo-Polytecha-en.pdf> (point 3.3)

Moscow Polytech cooperated with the national Blood Center named after O.K. Gavrilov of the Moscow Department of Health. One of the key initiatives is participating in the Donor Day, with support of the Moscow City Blood Transfusion Service of the Department of Health.

<https://mospolytech.ru/news/na-aktsii-den-donora-v-moskovskom-politekhe-sobrali-46-litrov-krovi/>
<https://mospolytech.ru/news/aktsiya-den-donora-sostoitsya-v-moskovskom-politekhe/>
<https://mospolytech.ru/news/studenty-i-sotrudniki-moskovskogo-politekha-mogut-sdat-krov-na-aktsii-den-donora/>

Moscow Polytech cooperated with national healthcare institutions to promote prevention measures against seasonal viral infections (provision of free flu vaccination for staff and students).

<https://mospolytech.ru/news/dlya-sotrudnikov-i-studentov-moskovskogo-politekha-organizovana-vyezdnyaya-vaktsinatsiya-ot-grippa/>

Moscow Polytech cooperated with national healthcare institutions to promote prevention measures against COVID-19.

<https://mospolytech.ru/upload/files/medsluzba/Rekomendacii-po-profilaktike-koronavirusnoj-infekcii-COVID-19.pdf>

Volunteers of Moscow Polytech received an award for participating in the Moscow City Educational Outreach Program “We Teach Kindness”. They implemented a series of projects within the university and at the Moscow city level, and were involved in various activities at national and international levels: from sports and media to environment and educational culture, including in the framework of the St. Petersburg International Economic Forum (SPIEF), Unified Games of the Special Olympics, Eastern Economic Forum (EEF), International Phygital Tournament "Games of the Future", among others.

<https://mospolytech.ru/news/volonterskiy-tsentr-moskovskogo-politekha-poluchil-premiyu-uchim-dobru/>

Mospolytech participated in the federal Educational Marathon on a wide range of issues, including reproductive health. Meetings with outstanding government officials, heads of large companies, famous scientists, and representatives of the cultural and artistic spheres, war correspondents, doctors, athletes helped young people to widen the horizons and see opportunities for self-realization.

<https://mospolytech.ru/events/v-moskve-proydet-prosvetitel'skiy-marafon-znaniy-pervye/>

A social poster contest “The Vector of Health” helped to visualize separate aspects of well-being and health care, including fire safety, electrical safety; environmental safety; water safety, ice safety; household safety, safe behavior when using personal and public transport for transportation; healthy lifestyle, prevention of addictions and socially dangerous diseases.

<https://mospolytech.ru/news/v-moskovskom-politekhe-opredelili-pobediteley-konkursa-sotsialnogo-plakata/>

Students of Moscow Polytech conducted research, the results of which would give the opportunity of upgrading the technologies of regenerative medicine.

<https://mospolytech.ru/news/prioritet-2030-meditsina-sensorika-obrazovanie-proekty-molodykh-uchenykh-moskovskogo-politekha-/>

Research was conducted by university academic staff and students on relevant topics in the sphere of restorative healthcare: creating an exoskeleton growing with a child.

<https://mospolytech.ru/news/v-moskovskom-politekhe-sozdayut-rastushchiy-vmeste-s-rebenkom-ekzoskelet/>

Students had the opportunity to rest after the exam session and improve their health at the sports camp of Moscow Polytech. The university offered various cultural and sports activities during out-of-the city health shifts organized by the Students Trade Union.

<https://mospolytech.ru/news/studenty-moskovskogo-politekha-otdohnuli-posle-sessii-na-ozdorovitelnom-vyezde/>

Moscow Polytech developed educational programs and implemented projects for the general population of the city of Moscow (for schoolchildren, representatives of the older generation, people who are in various types of difficult life situations). This also includes students' volunteering programs in pursue of improving and promoting healthy life style and well-being. Among few tops are hygiene, nutrition, family planning, sports, exercises, healthy aging, as well as other topics, related to healthy life style and well-being.

<https://moeobrazovanie.ru/publikacii/novosti/218783.html>
<https://mospolytech.ru/upload/medialibrary/178/Gripp.pdf>

Moscow Polytech was involved into educational activities with schoolchildren. One of the projects was implemented by the university's student rescue team who provided first-aid training to schoolchildren.

<https://mospolytech.ru/news/studenty-spateli-moskovskogo-politekha-nauchili-shkolnikov-okazyvat-pervuyu-pomoshch/>

The university's student rescue team conducted training in rescue on the waters, with support of the Eastern Administrative District Office of the Department of Civil Defense, Emergencies and Fire Safety of the City of Moscow.

<https://mospolytech.ru/news/studenty-spateli-otryada-feniks-moskovskogo-politekha-otrabotali-navyki-spaseniya-na-ldu/>

Mospolytech ran educational programs and organized events on healthy life style for the city residents in the framework of the Moscow Mayor's project "Moscow Longevity" aimed at improving the quality of life of older Muscovites aged 55+. Programs/master classes/lecturers were offered around active life style, sports, self-development, optimistic health or rational longevity, healthy food, cognitive skills development and others.

<https://study.mospolytech.ru/dolgeitie>
<https://moeobrazovanie.ru/publikacii/novosti/218783.html>

Mospolytech's volunteers were actively involved into assistance to organizers and participants during the Special Olympics Unified Games for people with intellectual disabilities.

<https://mospolytech.ru/news/volontery-moskovskogo-politekha-pomogayut-na-edinykh-igrakh-spetsialnoy-olimpiady/>

Moscow Polytech offered its sports facilities for joint use with local population. At the territory of Moscow Polytech, there are 2 open playgrounds for workout gymnastics, volleyball, basketball and mini – football games; the open ground with the area of 400 square meters for conducting the events in the open air, as well as the place for tourist's gatherings and quests.

<https://mospolytech.ru/studencheskaya-zhizn/sportivnaya-devatelnost/obrazovatelnyy-kulturnyy-i-sportivno-tehnicheskiv-centr-polet/>

Moscow Polytech provided access to the sports and computer infrastructure for schoolchildren offering sports master-classes and organizing joint sports matches.

<https://mospolytech.ru/news/v-gostyakh-u-moskovskogo-politekha-shkolniki-poznavali-3d-mir-sobirali-kompyuter-i-igrali-v-voleybol/>