

3 GOOD HEALTH AND WELL-BEING



LEARNING AND STUDENTS

Conference on Technosphere Safety

Within the [12th All-Russian conference on Technosphere Safety in 21 century](#) the participants discussed issues on safety, evaluation of professional risks, outlined the principles of the 4th industrial revolution, including compatibility, transparency, technical support and decentralization of management decisions. The new industry's risks include growing social inequality and mass unemployment as a result of the automation of production.



Study programs

Sustainable undergraduate and graduate study programs on Technosphere Safety; [People Saving, Occupational, Environmental and Emergency Risk Management](#); and [Logistics Management and Traffic Safety](#) are available for INRTU students.



83 graduates in 2022

RESEARCH

INRTU researcher studied impact of dust

[INRTU young researcher studied the chemical and granulometric composition of dust](#) well, decomposed the diffraction pattern into elementary cells.



This allowed us to determine how dust behaves when entering the human body. Recommendations have also been developed to reduce the negative impact of six types of dust. The emphasis is on the regulatory framework. The Russian legislation does not regulate the maximum permissible amount of dust. Changes in official documents can significantly improve the environmental situation, avoid risks at work.

23 publications in Scopus in 2022

PUBLIC ENGAGEMENT

More than 300 students trained with rector

INRTU regularly promotes a healthy lifestyle. Annual trainings with the rector are supported by students and staff of INRTU.

In 2022 over 300 representatives of universities and schools of Irkutsk city took part in [the fitness training with the INRTU Rector](#). The fitness marathon at the INRTU Stadium was organized by a team of the University's Youth Policy Department.



The training program included three blocks with air squats, jogging, cardio elements, plank and lunges. The exercises were alternated with a quiz on the knowledge of the human muscular system.

Health Fair

Human health is one of the main life values for everyone. It is a resource, without which it is extremely difficult to realize one's potential and contribute to the overall development of society. Thus, one of the tasks of preventive work in the university is the formation of students' skills to lead a healthy lifestyle. But in the hustle and bustle of everyday life you do not always have time to take care of your health and visit the right specialists.

Health Fair is a semi-annual event, that allows to achieve these goals.



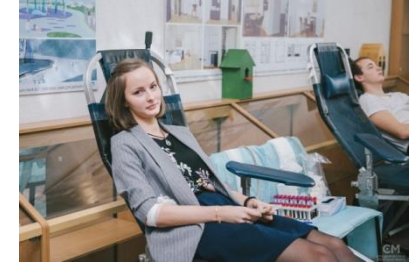
In March 2022, [INRTU students and staff were invited to visit specialists according to the route sheet of the prevention project](#). The participants were given stickers for each appointment. There were useful prizes for activists - oxygen cocktail, hematogen, ascorbic acid, rosehip drink. During the fair, the participants had free eye examinations, determined their blood sugar level, received recommendations from a cosmetologist, underwent ECG, fluorography, and received qualified consultations with specialists from the Center for Public Health and Medical Prevention and the Scientific Center for Health Problems and Human Reproduction.

OPERATIONS

Donor movement at INRTU

INRTU cares on health and well-being of students and personnel and has long-standing collaborations with regional medical organizations.

[Every year INRTU together with the Irkutsk Regional Blood Transfusion Station holds an action "Donor Day"](#), where students actively participate and become donors.



In advance, students are given recommendations on preparation for blood donation and information for preparation for donation. The campaign is a quarterly event. Each donor is provided with monetary compensation for lunch and is given a certificate guaranteeing the right to two additional days of rest within a year from the moment of blood donation.

HIV testing at INRTU

In 2022, [INRTU employees and students were offered to undergo anonymous rapid testing for HIV infection](#). The specialists of the Irkutsk Regional AIDS Center organized the collection of tests in the INRTU co-working space.

The representative of the center informed that antiretroviral therapy is now available, which makes the quality and life expectancy of HIV-positive people no different from uninfected people. The treatment allows a person to reach zero viral load, the patient is not able to infect other people.

