

Physical exercises as a treatment

Nowadays in the Republic of Uzbekistan, it is paid a great attention to the development of sports and increasing the international competitiveness of young athletes, training athletes with high physical potential and mental alertness. The second of the five important initiatives put forward by President Shavkat Mirziyoyev is aimed at creating the necessary conditions for young people to exercise and show their abilities in sports. Now we can safely say that all higher education institutions in the country have the conditions for sports.



In order to use these conditions properly the chairman of the council of SD Saidakhmedov Jakhongir together with the students got up early in the morning and did physical exercises. Morning exercise has become a tradition for our students. We believe that these exercises are also good for their health in today's pandemic.

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