

## Physical exercise as a means of a healthy mind

Sport plays an important role in bringing up physically healthy, mature youth. The second of the five important initiatives put forward by the President of the Republic of Uzbekistan to raise the morale of young people, the meaningful organization of their leisure time is aimed at creating the necessary conditions for physical training of young people.



For this reason, a lot of practical work is being done in all regions of the country to attract young people to sports. Extensive work is being done in the dormitory as well. Students regularly go in for sports every morning.

Press service of TIAME