

## Key to health

In the lobby of the 3rd and 4th floors of the students dormitory N#2 with students of the faculties of mechanization of Hydromeliorative works and Energy supply and Agriculture and water resources, sports classes are held twice a week. Everyone wants to be healthy, strong, to preserve their youth and abilities. The main objective to achieve this goal is physical activity. In our society, a healthy lifestyle is brought to the level of state policy, and at the same time, radical reforms are being carried out in our country to educate a mature, healthy generation. In particular, the second initiative of the President of the five most important initiatives to increase the spirituality and meaningful leisure of youth is also aimed at creating the necessary conditions for the physical education of youth, demonstrating their abilities in sports.

