

Sport is essential in conducting healthy life

It is worth mentioning that on September 24, 2021 a group of members of the women's council of the institute, assistant teachers of " Vocational education and physical culture" Department F. Odilova and A. Khayitova met with students of 1-2-3-4 courses. The round table discussion, where students participated very actively on the topic "A healthy woman is a mirror of society." The event was dedicated to the importance of sports in human life and benefits of a healthy lifestyle. In the lively discussion it was higherlighted about that sport is important not only for strengthening, but also for being healthy and strong.

During the round table discussion, it was noted that under the leadership of President Shavkat Mirziyoyev, a particular attention was paid to sports and by this we it was meant that a lot of activities can be offerd to young people, especially women and girls, to show our active and positive sides in different sport activities. Surprisingly, members of the women's council: M. Mukhamedova, D. Khursandova, teacher A. Khaitova, assistant of the department Vocational education and physical culture "F. Adilova took an active part in the event and answered to all questions given by students.



At the event, F. Adilova told the participants about the existence of sports sections at the institute and noted that girls can become members of sports sections. During the event, students became members of their favorite clubs. Year-round events are planned for council members and female students. At the end of the event all participants received full information about the the spheres that interested them.

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