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PROMOTING A HEALTHY LIFESTYLE AMONG UNIVERSITY STUDENTS IN NEW UZBEKISTAN: ITS GOALS AND OBJECTIVES

Abror Qudratovich Qidirov.
Associate Professor of the Department
of Social and Natural Sciences, SDTU
Zavqiddin Zayniyevich Tog'aymurodov.
2nd-year student of the Urban Construction and Design program,
Faculty of Architecture, SDTU
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Abstract: This article examines the importance of promoting a healthy lifestyle among university students in New Uzbekistan, as well as its main goals and objectives. A healthy lifestyle is one of the essential factors in developing a physically healthy, mentally strong, socially active, and well-rounded generation. The article highlights the role of higher education institutions in developing healthy habits among students, improving their physical activity, encouraging proper nutrition, preventing harmful habits, and strengthening health awareness. It also discusses effective approaches to creating a healthy educational environment and increasing students' responsibility for their own health.

Keywords: New Uzbekistan, university students, healthy lifestyle, health promotion, physical education, proper nutrition, disease prevention, healthy generation, higher education, physical activity.

Introduction

In New Uzbekistan, improving the health of the population, developing physical education and sports, and promoting a healthy lifestyle among young people are among the important priorities of state policy. Young people, particularly university students, represent the intellectual, economic, and social potential of the country. Therefore, protecting their health and developing healthy lifestyle habits are essential conditions for the country's sustainable development. The university period is an important stage in a person's life. During this time, students acquire professional knowledge, develop their worldview, establish social relationships, and form habits that may influence their future lives. However, academic pressure, insufficient physical activity, irregular nutrition, lack of sleep, and excessive use of digital technologies can negatively affect students' physical and psychological well-being. For this reason, promoting a healthy lifestyle among university students should be considered an important educational and social responsibility of higher education institutions.

Main Part

1. The concept and importance of a healthy lifestyle

A healthy lifestyle is a system of daily habits and activities aimed at maintaining and strengthening physical, mental, and social well-being. It includes balanced nutrition, regular physical activity, personal hygiene, adequate sleep, psychological stability, and the prevention of harmful habits.

A healthy lifestyle is especially important for university students because it contributes to improving their academic performance, increasing their working capacity, strengthening their immune system, and developing personal discipline.

The main components of a healthy lifestyle include:

- Proper nutrition: consuming balanced meals containing proteins, fats, carbohydrates, vitamins, and minerals.
- Physical activity: participating regularly in sports, walking, exercising, and other physical activities.
- Healthy sleep: maintaining an appropriate sleep schedule and allowing the body sufficient time to recover.
- Personal hygiene: following hygiene rules and maintaining cleanliness in everyday life.
- Psychological well-being: managing stress, maintaining positive relationships, and developing emotional stability.
- Prevention of harmful habits: avoiding smoking, alcohol consumption, drug use, and other unhealthy behaviors.

2. The goals of promoting a healthy lifestyle among university students

The main goal of promoting a healthy lifestyle in higher education institutions is to develop a healthy, active, responsible, and well-rounded generation capable of contributing to the development of New Uzbekistan.

The following goals are particularly important:

1. To improve students' physical and mental health.
2. To develop awareness of the importance of maintaining a healthy lifestyle.
3. To increase students' participation in physical education and sports.
4. To prevent infectious and non-infectious diseases.
5. To encourage proper nutrition and healthy daily routines.
6. To develop resistance to harmful habits and negative social influences.
7. To create a healthy and supportive educational environment in universities.

Achieving these goals requires cooperation between university administrations, academic staff, medical professionals, physical education teachers, students, and their families.

3. The main objectives of promoting a healthy lifestyle

The objectives of healthy lifestyle promotion are practical activities aimed at achieving the established goals.

First, universities should organize regular sports competitions, fitness programs, physical education classes, and health campaigns. Such activities encourage students to become more physically active and develop an interest in sports.

Second, educational and awareness-raising activities should be conducted. Lectures, seminars, conferences, and discussions can help students understand the importance of disease prevention, balanced nutrition, personal hygiene, and psychological health.

Third, universities should create favorable conditions for physical activity. Sports facilities, gyms, playgrounds, and recreational areas should be accessible to students.

Fourth, preventive medical examinations and health education programs should be organized to identify potential health problems at an early stage.

Finally, students should be encouraged to take personal responsibility for their health and develop positive habits that can be maintained throughout their lives.

4. The role of higher education institutions in promoting a healthy lifestyle

Higher education institutions play a significant role in shaping students' attitudes toward health. Universities are not only centers of academic knowledge but also important environments for developing social responsibility, personal discipline, and healthy behavior.

University professors and teachers should promote healthy lifestyle principles through educational activities and personal examples. Physical education departments can organize sports events, competitions, and various recreational activities.

Student organizations can also contribute by arranging health awareness campaigns, volunteer activities, environmental initiatives, and sports festivals.

Furthermore, modern digital technologies can be used to distribute educational materials, provide information about healthy nutrition, encourage physical activity, and raise awareness of disease prevention.

5. Expected results of implementing healthy lifestyle programs

The systematic promotion of a healthy lifestyle among university students can produce several positive outcomes.

These include improved physical fitness, increased academic productivity, reduced risk of various diseases, better psychological well-being, and the development of socially responsible young people.

In addition, healthy lifestyle programs can strengthen cooperation between universities, healthcare institutions, and public organizations. As a result, a culture of health can become an important part of the educational environment in New Uzbekistan.

Conclusion

Promoting a healthy lifestyle among university students in New Uzbekistan is an important factor in protecting public health and developing the country's human potential. Higher education institutions have a significant responsibility to educate students about healthy habits, encourage physical activity, promote proper nutrition, prevent harmful behaviors, and create favorable conditions for physical and psychological well-being.

The goals and objectives of healthy lifestyle promotion can be achieved through systematic educational activities, sports programs, preventive medical examinations, and cooperation between educational and healthcare institutions.

A healthy student is not only an academically successful individual but also a future specialist who can contribute to society's development. Therefore, investing in students' health means investing in the future of New Uzbekistan.

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