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✓ **Resume**

*This article discusses the organization of classes, circles on a healthy lifestyle in higher educational institutions outside the classroom and, for the high interest of students, ensuring the conduct of these lessons in the form of various interactive methods, as well as the knowledge of students about a healthy lifestyle and the rules for their implementation, disease prevention and practical application of this knowledge in university, district and regional events, at various meetings.*

**Keywords:** health, healthy lifestyle, proper nutrition, clubs that promote a healthy lifestyle.

## ОЛИЙ ТАЛИМ МУАССАСАЛАРИ ТАЛАБАЛАРИ УЧУН СОҒЛОМ ТУРМУШ ТАРЗИНИ ТАРҒИБ ЭТУЧИ ТЎГАРАКЛАР ТАШКИЛ ЭТИШНИНГ ДОЛЗАРБЛИГИ

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✓ **Резюме**

*Ушбу мақолада олий талим муассасаларида дарслардан ташқари “соғлом турмуш тарзи” тўғарақларини ташкил қилиш ҳақида, ҳамда бу тўғарақларда талабалар соғлом турмуш тарзи ва унга амал қилиш қонун қоидалари, ҳамда касалланишининг олдини олиш тўғрисида билимларга эга бўлишлари, шунингдек ушбу билимларини амалий машғулотларда машқ қилиб, олийгоҳ, туман ва вилоят миқёсида ўтказиладиган тадбирларда, турли хил учрашувларда ушбу дарслар ҳамда тўғарақда ўрганган билимлари, эришган натижалари билан қолганлар билан бўлишиб кенг оммага тадбиқ этишлари ҳақида, ҳамда ушбу дарсларни интерактив усулларда олиб боришнинг устувор йўналишлари ҳақида фикр юритилган.*

**Калит сўзлар:** саломатлик, соғлом турмуш тарзи, тўғри овқатланиш, соғлом турмуш тарзини тарғиб этучи тўғарақлар.

## АКТУАЛЬНОСТЬ СОЗДАНИЯ КРУЖКОВ ПРИ ВУЗЕ ПРОПАГАНДИРУЮЩИХ ЗДОРОВЫЙ ОБРАЗ ЖИЗНИ СРЕДИ СТУДЕНТОВ

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✓ **Резюме**

*В данной статье рассматриваются вопросы организации занятий , кружков по здоровому образу жизни в высших учебных заведениях вне уроков и для высокого интереса студентов обеспечение проведение этих уроков в виде различных интерактивных методов, а также знания учащихся о здоровом образе жизни и правилах их выполнения, профилактика заболеваний и практическое применение этих знаний в ВУЗовских, районных и региональных мероприятиях, на различных встречах.*

**Ключевые слова:** здоровье, здоровый образ жизни, правильное питание, кружки пропагандирующие здоровый образ жизни.

**Relevance**

Attitudes toward health have begun to change in modern society, including proper nutrition,

non-smoking, abstinence from alcohol and drugs, and regular exercise. Many understand that the

implementation of health social plans allows you to start a family, give birth to healthy children. Health is important for everyone at any age. To maintain and strengthen health, it is necessary to lead a healthy lifestyle. Health is a normal psychosomatic state that ensures the full performance of labor, social and biological functions, reflecting the normal physical, mental and social well-being of a person.

Human health is, first of all, the development of his mental and physiological qualities, the maintenance of an optimal level of work ability and social activity for the maximum duration of life. According to many scientists, the functional capacity of the human body and its resistance to adverse factors from the external environment change throughout life, because health care is a dynamic process that improves depending on age, gender, occupation, living environment. Human life and health are the greatest social wealth. This raises the issue of forming a healthy lifestyle in front of the family, school and other institutions of human development [1,2,30]. The health of a nation is also naturally addressed through a healthy lifestyle. Health is a balanced unit of biological, mental, physical conditions and labor activity of the human body. Good health is happiness for everyone. Its labor productivity is a necessary condition for the development of the country's economic power, the welfare of the people. A conscious and responsible approach to health should be the norm of life and morality of society and all its members. To maintain and strengthen health, first of all, a person needs to know the laws of normal functioning, growth, development and reproduction of all tissues and organs of the body. It is also necessary to know and create the conditions necessary for the preservation and further improvement of these biological features inherent in man, as in all living things [4,31,33,34,36].

A healthy lifestyle is an individual system of human behavior that provides physical, mental, as well as social well-being in a real environment (natural, man-made, social) and active longevity. A healthy lifestyle creates the best conditions for the normal development of physiological and mental processes, which reduces the likelihood of various diseases, increases life expectancy. A healthy lifestyle helps us achieve our goals and objectives, successfully implement our plans, and cope with challenges. Health, which is maintained and strengthened by a person, allows him to live a long and happy life. Health is an invaluable asset of everyone and society as a whole. [17,23,30].

The formation of a healthy lifestyle should

begin with the birth of a child. A healthy lifestyle is a factor that helps to be healthy, as well as prevent various diseases and accidents, and it is necessary to adhere to it from adolescence. "Save health from youth!" - this proverb has a deep meaning. Factors that have a positive impact on human health are: strict adherence to a routine, proper nutrition, exercise, sports, good relationships with adults, parents and friends. Health risk factors include: inactivity, irregular diet, smoking, alcohol, drug and other toxic intake, emotional and mental stress at home, at school, with friends, as well as environmental risk factors [5,6,7,28,30].

By following simple rules, leading a healthy lifestyle, reading health articles, and following their recommendations, we can avoid a number of serious health problems, even diseases like cancer, as well as simply prolong our lives by several years [3,24,26,27,29].

There is no one who does not want to be healthy. The German philosopher Arthur Schopenhauer said, "Nine-tenths of our happiness is based on this health. With it everything becomes a source of pleasure, but without it absolutely no external benefit brings pleasure, even subjective benefit: the qualities of mind, spirit, temperament are weakened and disappear. It is no coincidence that we first ask each other about health and wish it to each other: this is truly a basic condition of human happiness. What is a healthy and wholesome lifestyle? The Charter of the World Health Organization states that health is "not only the absence of disease and physical defects, but also a state of physical, mental, spiritual and social well-being." Unfortunately, in the rhythm of modern life, people cannot take the time to focus on their health. So we all need to have a good idea of how to live and behave in society [21,22,27]. One of the main factors of health is that it plays an important role in the formation of individual lifestyle and health, in many respects it depends on the person himself and his behavior.

#### **Purpose of work:**

In the upbringing of a strong young generation striving for a healthy lifestyle, full adherence to the rules of proper nutrition, avoidance of bad habits, the main components of health: spiritual, physical condition, the dominant factor - knowing and taking into account individual lifestyle, healthy lifestyle, health promotion to carry out propaganda work among teenagers about the need to remember that it is in their own hands, to strive to be physically and spiritually healthy. To form the concept of a

healthy lifestyle in the minds of adolescents, to promote a healthy lifestyle, to explain the rules of a healthy lifestyle in schools, to develop personal qualities necessary for a healthy lifestyle.

### Materials and methods

Organization of healthy lifestyle classes and clubs in higher education institutions, as well as during the course students will gain knowledge about healthy lifestyles and rules of conduct, exercise, and disease prevention, and practice this knowledge in practical training at higher education institutions, districts and regions. They learn to apply the knowledge they have learned in these classes and in the circle, to share their findings with the rest of the world, and to encourage them to lead a healthy lifestyle. Students who have seen these results also have a greater desire to lead a healthy lifestyle, and they also have a desire to play sports and lead a healthy lifestyle. Conducting these lessons in a game-based way is another manifestation of the student's interest in such lessons, where students, based on their professional activities, think about various projects, innovations in promoting a healthy lifestyle and come up with ideas that will develop the industry [9,14,19]. This role-playing is one of the typical working games and is an interactive way of self-management. In this case, one of the students is selected as a virtual teacher and the student is notified the day before the practical training. The selected virtual teacher will prepare a variety of interactive games to engage students on the topic [10,15,18,20,21]. Conducting the course in this way leads to the formation of skills and knowledge, especially in the future students, to master the subject, as well as to form a healthy lifestyle [8,17,22,23,25].

### Conclusion

Thus, a healthy lifestyle consists not only of harmful habits, labor activity and rest regime, nutrition system, various hardening exercises; rather, it incorporates a system of attitudes toward oneself, another person, life, as well as the meaning of existence, life goals and values, and a number of other concepts. Skillful use of all kinds of factors that affect the various components of health (physical, mental, social, spiritual), healing, recovery, avoidance of harm to nature.

A healthy lifestyle depends in many ways on students' worldviews, social and moral experiences. Social norms, the values of a healthy lifestyle, are perceived by them as important personally, but do not always coincide with the values developed by the public consciousness.

Analyzing the above, in promoting a healthy lifestyle, organizing healthy lifestyle classes and clubs will help students gain a deeper understanding of the importance of a healthy lifestyle for their health and future, as well as promote it.

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