

At the initiative of the Women's Council of Samarkand State University, a round table discussion on "Healthy lifestyle, hygiene and non-violence" was organized at the dorm of students No. 4.

On October 26, 2020, at the initiative of the Women's Council of Samarkand State University, a round table discussion on "Ethics, healthy lifestyle, hygiene and non-violence" was organized by the Advisor to the Rector of the University. Assoc. Prof. Tukhliyeva Sh introduced the participants to the topic of today's event, expressed their views on the importance of the role of women in the family, society, the importance of a healthy lifestyle (photo 1).



Sanoat Zahidova, First Deputy Head of the Samarkand City Mahalla and Family Support Department for Women's Social and Political Activity, Chairwoman of the Women's Public Council, Mayor of Samarkand consultant They talked about etiquette, a healthy lifestyle, hygiene and not being exposed to violence. We can't change the whole world, but everyone can change their lives (photo 2).

They explained that the key to health, longevity, youth and beauty is a healthy lifestyle. What is a healthy lifestyle?

They explained to our student girls that it is necessary to strengthen human health, prevent diseases, keep the body clean at all times. They answered their daughters' questions.

Professor E. Kobulov is the head of the Department of Ecology and Life Safety of SamSU. The student told the girls about hygiene and not getting married early.



During the event, the chairman of the Council for Women's Affairs of the Faculty of Biology Rakhmonova H spoke. During the roundtable, the girls talked about healthy lifestyles and dress code (photo 3).

