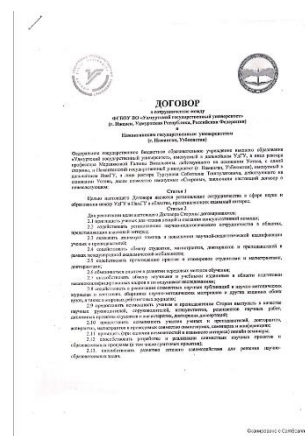
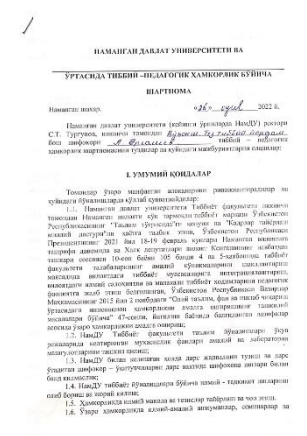
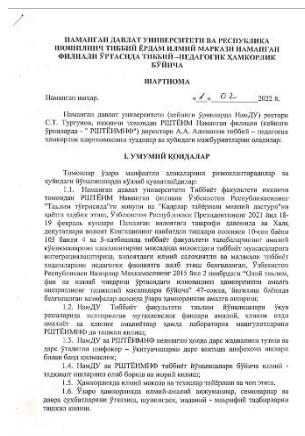


# GOOD HEALTH AND WELLBEING

## NAMANGAN STATE UNIVERSITY

The Faculty of Medicine, established in 2020, has developed its own development strategy. The faculty believes that cooperation plays an important role in the development of educational and scientific fields. To date (December 2022), it has managed to conclude MOUs with more than 10 different medical institutions. One of them is international, 3 are regional, 8 are local.

In addition, on the basis of the plan, seminars-trainings and master-classes will be organized by attracting local and international experts.



Through five important initiatives put forward by the President of the Republic of Uzbekistan, it is focused on spending free time of young people productively, engaging them in sports, art, computer technologies, making them interested in reading books, and providing employment to women. Namangan State University also has a clear strategy for the productive use of free time for students, and sports competitions are held for students throughout the year. During 2022, 30 major sports competitions were held, and winners and prize-winning students were encouraged.

N	Events name	Events link
1	Professor-o'qituvchilar o'rtasida sportning voleybol (erkak va ayollar), shaxmat-shashka sport turlari bo'yicha musobaqalar bo'lib o'tdi (19.01.2022).	<a href="https://t.me/namdu309/7917">https://t.me/namdu309/7917</a>
2	O'zbekiston Respublikasi Prezidentining ijtimoiy, ma'naviy-ma'rifiy sohalaridagi ishlarni yangi tizim	<a href="https://t.me/namdu309/8866">https://t.me/namdu309/8866</a>

	asosida yo'lga qo'yish bo'yicha "Besh muhim tashabbus"ning birinchi tashabbusi doirasida Namangan davlat universiteti Jahon tillari fakulteti professor-o'qituvchilari va talabalari uchun Italiyalik mutahassis Juemias Ezaquel Ayollar futboli bo'yicha to'garak mashg'ulotlari olib bordi <b>(13.03.2022)</b> .	
<b>3</b>	Besh muhim tashabbusning ikkinchi yo'nalishi doirasida universitet rahbariyati va talabalar ishtirokida sport musobaqalari tashkil etildi <b>(13.03.2022)</b> .	<a href="https://t.me/namdu309/8900?single">https://t.me/namdu309/8900?single</a>
<b>4</b>	"Salomatlik uchun 5000 qadam" shiori ostida yurish marafoni bo'lib o'tdi <b>(29.03.2022)</b> .	<a href="https://t.me/namdu309/9221">https://t.me/namdu309/9221</a>
<b>5</b>	Namangan davlat universiteti va mahallalar hamkorligidagi Navro'z sayli bo'lib o'tdi. Sport musobaqalari tashkil etildi. <b>(29.03.2022)</b> .	<a href="https://t.me/namdu309/9227">https://t.me/namdu309/9227</a>
<b>6</b>	Navro'z festivalida sport musobaqalari tashkil etildi. Sportning tennis, stol tennis, basketbol, tosh ko'tarish bo'yicha mahalladagi uyushmagan yoshlar o'rtasida sport musobaqalari o'tkazildi <b>(29.03.2022)</b> .	<a href="https://t.me/namdu309/9247">https://t.me/namdu309/9247</a>
<b>7</b>	Navro'z festivalida arqon tortish va milliy kurash bo'yicha universitet talabalari hamda mahalla yoshlari o'zaro bellashdilar.	<a href="https://t.me/namdu309/9257">https://t.me/namdu309/9257</a>
<b>8</b>	Namangan davlat universitetining 4-talabalar turar joyida Tabiiy fanlar fakuteti dekan o'rinbosari tashabbusi bilan talaba-yoshlar orasida sog'lom turmush tarzini targ'ib qilish maqsadida ertalabki badantarbiya mashg'ulotlari o'tkazildi <b>(05.04.2022)</b> .	<a href="https://t.me/namdu309/9563">https://t.me/namdu309/9563</a>
<b>9</b>	Namangan davlat universiteti Jismoniy madaniyat fakultetida sportning futzal turi bo'yicha "Dekan kubogi" musobaqalari bo'lib o'tdi. <b>2022 yil 29-mart</b> kuni start berilgan futbol musobaqasiga fakultetning 45 dan ortiq futzalchi jamoalari ishtirok etdi. Unga ko'ra: 1-o'rin JSM-LU-20 2-o'rini JSM-BU-21 3-o'rini JSM-JU-20 guruhlar egalladi.	<a href="https://t.me/namdu309/9583">https://t.me/namdu309/9583</a>

<p><b>10</b> Innovatsion mehnat yarmarkasi jarayonida yoshlarni bo'sh vaqtini mazmunli tashkil etish maqsadida sport musobaqalari o'tkazildi.</p> <p>Yarmarkada futbol, stol tennisi, badmington, basketbool, tosh ko'tarish va Zakovat intellektual o'yinlari bo'lib o'tdi <b>(09.04.2023)</b>.</p>	<p><a href="https://t.me/namdu309/9694">https://t.me/namdu309/9694</a></p> <p><a href="https://t.me/namdu309/9704">https://t.me/namdu309/9704</a></p>
<p><b>11</b> Namangan davlat universitetida «DXX raisi kubogi» musobaqasi bolib o'tdi.</p> <p>Fakultetlarda o'tkazilgan guruh bosqichlari o'yinlari g'oliblari bo'lgan 15 ta jamoa musobaqaning ikkinchi bosqichiga yo' oldilar.</p> <p>Ochilish marosimida universitet yoshlar masalalari va ma'naviy-ma'rifiy ishlar bo'yicha prorektor N.Dexkanov, rektor maslahatchisi A.Normirzayev, DXX viloyat boshqarmasi mas'ul xodimi F.Bekmurodov ishtirok etib, talaba yoshlarga omad tilashdi <b>(07.05.2022)</b>.</p>	<p><a href="https://t.me/namdu309/10597">https://t.me/namdu309/10597</a></p>
<p><b>12</b> Namangan davlat universitetida "Dxx raisi kubogi" 1-tur natijalari:</p> <p>San'atshunoslik 2:0 Yuridika</p> <p>Pedagogika 2:5 Ijtimoiy fanlar</p> <p>Ingliz filologiya 2:2 Biotexnologiya</p> <p>Fizika 1:2 Tabiiy fanlar</p> <p>Musiqqa 1:6 Matematika</p> <p>Iqtisod 4:2 Jahon tillari</p> <p>Filologiya 0:7 Jismoniy madaniyat</p> <p>Maktabgacha ta'lim 2:8 San'atshunoslik <b>(07.05.2022)</b>.</p>	<p><a href="https://t.me/namdu309/10629">https://t.me/namdu309/10629</a></p>
<p><b>13</b> Namangan davlat universitetining Yuridik fakulteti talabalari o'rtasida «Sportni sev, sog'lom yasha» shiori ostida sportning futbol, arqon tortish, tosh ko'tarish, shashka va shaxmat turlari bo'yicha musobaqalar o'tkazildi <b>(12.05.2022)</b>.</p>	<p><a href="https://t.me/namdu309/10743?single">https://t.me/namdu309/10743?single</a></p>
<p><b>14</b> Namangan davlat universiteti talabalari o'rtasida Davlat xavfsizlik xizmati viloyat boshqarmasi boshlig'i sovrini uchun o'tkazilgan futbol bo'yicha musobaqa yakuniga yetdi.</p>	<p><a href="https://t.me/namdu309/10925">https://t.me/namdu309/10925</a></p>

Musobaqada 15 ta fakultet jamoalari ishtirok etdi. Jismoniy madaniyat va Matematika jamoalari finalda g'oliblik uchun bahs olib bordi.

Qizg'in va murosasiz kurash ostida kechgan bahsda Jismoniy madaniyat jamoasi penaltiida yutib oldi. Ular musobaqaning mutloq g'olibiga aylanishdi. Matematika ikkinchi, San'atshunoslik esa uchinchi o'rinni egallashdi  
**(20.05.2022)**

**15** Namangan davlat universitetining ingliz filologiyasi hamda biotexnologiya fakulteti talabalari o'rtasida 5 ta muhim tashabbus ijrosi yuzasidan sport musobaqalari bo'lib o'tdi.

Ikkinchi tashabbus-yoshlarni jismoniy chiniqtirish, ularning sportga bo'lgan qiziqishlarini yanada oshirish bo'yicha o'tkazilgan ushbu musobaqada talabalar faol ishtirok etdilar **(20.05.2022)**

<https://t.me/namdu309/10940>

**16** Maktabgacha va boshlang'ich ta'lim fakultetida sog'lom turmush tarziga rioya etish va uni yoshlar o'rtasida keng targ'ib qilish maqsadida sportning voleybol turi bo'yicha talabalar o'rtasida "Dekan kubogi" musobaqalari bo'lib o'tdi **(01.06.2022)**.

<https://t.me/namdu309/11291>

**17** Students Cup. Respublika final bosqichida universitet talabalari 2-o'rinni qo'ga kiritdilar. Rektor qabuli va tantanali taqdirlash marosimida ularning yutuqlari yana bir bor munosib tarzda o'z e'tirofini topdi. **(07.06.2022)**.

<https://t.me/namdu309/11405>

**18** Наманган давлат университети Математика факультети жамоаси ташаббуси билан «СПОРТНИ СЕВ - СОҒЛОМ ЯША!» мавзусида маънавий-маърифий тадбир ташкил этилди **(12.06.2022)**.

<https://t.me/namdu309/11577>

**19** Namangan davlat universiteti qizlar talabalar turar joyida sport musobaqalari o'tkazildi.

Universitetning xotin-qizlar bo'yicha rektor maslahatchisi Saodatxon Usmanovning tashabbusi bilan "Xotin-qizlar" kubogi uchun ayol professor o'qituvchilar, tyutorlar va talaba-qizlar o'rtasida

<https://t.me/namdu309/11621>

<p>sportning qahxmat-shashka, armrestling va voleybol turlari bo'yicha musobaqalar o'tkazildi (<b>15.06.2022</b>).</p>	
<p><b>20</b> Namangan davlat universiteti talabalar turar joyida tabiiy fanlar fakulteti tashabbusi bilan «TALABA YOSHLAR FESTIVALI» o'tkazidi.</p> <p>Festival doirasida sog'lom turmush tarzi targ'ib etish va besh muhim tashabbus doirasida sport musobaqalari bo'lib o'tdi (<b>16.06.2022</b>).</p>	<p><a href="https://t.me/namdu309/11656">https://t.me/namdu309/11656</a></p>
<p><b>21</b> НамДУ табиий фанлар факультети талаба-ёшлари ўртасида фестивал бўлиб ўтди (<b>19.06.2022</b>).</p>	<p><a href="https://t.me/namdu309/11708">https://t.me/namdu309/11708</a></p>
<p><b>22</b> Namangan davlat universitetida "Universiada-2022" musobaqalariga tayyorgarlik ko'rish va yuqori saviyada o'tkazish bo'yicha yig'ilish o'tkazildi.</p> <p>Tanqidiy ruhda o'tkazilgan yig'ilishda 2021-yilgi musobaqa natijalari tahlil qilinib, yo'l qo'yilgan kamchiliklar muhokama qilindi. Kurash, dzyudo, gandbol sport turlari bo'yicha ko'rsatilgan natijalarning past ekanligi tanqid qilinib, navbatdagi musobaqada tayyorgarlikni kuchaytirish bo'yicha topshiriqlar berildi.</p> <p>Joriy yilning oktabr oyida "Universiada-2022" musobaqasining Andijon shahrida basketbol va voleybol, Namangan shahrida gandbol, Farg'ona shahrida futbol sport turlarining hududiy bosqichlarida universitet jamoasini munosib ishtirok etishi bo'yicha aniq vazifalar belgilandi. (<b>21.09.2022</b>).</p>	<p><a href="https://t.me/namdu309/12838">https://t.me/namdu309/12838</a></p>
<p><b>23</b> Namangan davlat universitetida sportning futbol va voleybol turlari bo'yicha «Vazir kubogi» musobaqalari bolib o'tdi (<b>02.11.2022</b>).</p>	<p><a href="https://t.me/namdu309/13803">https://t.me/namdu309/13803</a></p>
<p><b>24</b> Universitetda «Vazir kubogi» musobaqalari qizg'in davom etdi (<b>03.11.2022</b>).</p>	<p><a href="https://t.me/namdu309/13824">https://t.me/namdu309/13824</a></p>
<p><b>25</b> Namangan davlat universitetida talabalar o'rtasida "Vazir kubogi" musobaqasining futbol sport turi bo'yicha final bellashuvi bo'lib o'tdi.</p>	<p><a href="https://t.me/namdu309/13899">https://t.me/namdu309/13899</a></p> <p><a href="https://t.me/namdu309/13910">https://t.me/namdu309/13910</a></p>

14 ta jamoa ishtirok etgan turnirda Matematika va Tabiiy fanlar fakultetlari final bahslarida ishtirok etishdi. Qiziqarli kurashlarga boy o'tgan final o'yinida Matematika fakulteti 5:1 hisobida raqibini mag'lubiyatga uchratib, turnir g'olibiga aylandi.

Musobaqa g'oliblarini universitet prorektorlari N.Dexkanov, D.Xolmatov, rektor maslahatchisi A.Normirzayev, sport klub raisi o'rinbosari A.Ortiqaliyevlar musobaqa kubogi, pul mukofoti va esdalik sovg'alari bilan taqdirlashdi **(07.11.2022)**.

**26** "Vazir kubogi" sport musobaqasining voleybol turi bo'yicha g'oliblar aniqlandi.

Yakuniy natijalarga ko'ra yigitlar o'rtasida jamoalar quyidagi o'rinlarni egalladilar.

Oliy o'rin 3-bosqich Sport faoliyati ta'lim yo'nalishi talabalari:

1-o'rin 1-bosqich sport faoliyati ta'lim yo'nalishi talabalari

2-o'rin Matematika fakulteti

3-o'rin Pedagogika va psixologiya fakulteti

Qizlar o'rtasida jamoalar quyidagi o'rinlarni egalladilar:

1-o'rin Sport faoliyati 2-bosqich talabalari

2-o'rin Jismoniy madaniyat fakulteti 4-bosqich talabalari

3-o'rin Filologiya fakulteti.

<https://t.me/namdu309/13972>

<https://t.me/namdu309/13982>

**27** Namangan davlat universiteti talabalar turar joyida viloyat Milliy gvardiya boshqarmasi bilan hamkorlikda "Kamondan o'q otish" to'garagi faoliyati yo'lga qo'yildi.

Prezidentimizning «Kamondan otish sport turini yanada rivojlantirish va ommalashtirish chora-tadbirlari to'g'risida»gi qaror ijrosini ta'minlash maqsadida respublika oliy ta'lim muassasalari ichida ilk bor Namangan davlat universitetida "Kamondan o'q otish" to'garagi faoliyati yo'lga qo'yildi.

<https://t.me/namdu309/14026>



Kamondan o'q otishning afzalligi: orqa mushaklarni, qorin bo'shlig'ini yelka-kamarini mustahkamlaydi, ixtiyoriy fazilatlarini rivojlantiradi, o'z-o'zini tarbiyalashni shakllantiradi, miya faoliyatini oshiradi va psixoemotsional holatni barqarorlashtiradi **(10.11.2022)**.

**28** NamDU - "Vazir kubogi" musobaqasining final bosqichiga yo'llanma oldi.

<https://t.me/namdu309/14130>

Namangan viloyatidagi oliy ta'lim muassasalari jamoalari o'rtasida ham bahslar qizg'in kurashlarga boy o'tdi. Yakuniy natijalarga ko'ra, Namangan davlat universitetining voleybol (qizlar, yigitlar) va futbol jamoalari viloyatdagi barcha oliy ta'lim muassasalari jamoalarini mag'lubiyatga uchratgan holda musobaqaning final bosqichi yo'llanmasiga ega bo'ldi **(14.11.2022)**.

**29** "Xalqaro talabalar kuni" munosabati bilan Namangan davlat universitetida sportning futbol turi bo'yicha musobaqa tashkil etildi.

<https://t.me/namdu309/14250>

Musobaqada matematika va jismoniy madaniyat fakulteti talabalari o'zaro bellashdilar. Murosasiz o'tgan uchrashuvda jismoniy madaniyat fakulteti talabalari g'oliblikni qo'lga kiritdilar.

Talabalar turar joyiga tashrif buyurgan vazir o'rinbosari Y. Absoatov musobaqa jarayonlarida ishtirok etdi. **(17.11.2023)**.

**30** Talabalar turar joyida "Kamondan o'q otish" to'garagining navbatdagi mashg'uloti bo'lib o'tdi.

<https://t.me/namdu309/14379>

Namangan davlat universiteti va Milliy gvardiya Namangan viloyati boshqarmasi bilan hamkorlikda tashkil etilgan to'garak faoliyati bilan vazir o'rinbosari Yu.Absoatov yaqindan tanishdi.

Vazir o'rinbosari talabalarga ushbu sport turi sog'lik uchun foydali ekanligi haqida atroflicha ma'lumot berdi **(20.11.2022)**.

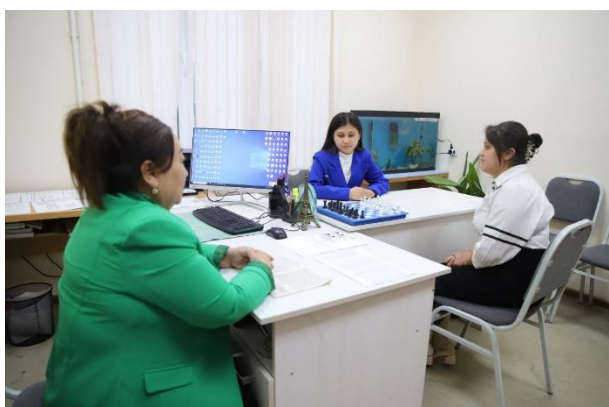
At Namangan State University, the Center for Sexual and Reproductive Health, as well as the first aid center for students, was established at the Faculty of Medicine. Students of the Faculty of Medicine work as volunteers in this center. That is, students who study until lunch work in this center after lunch, students who study after lunch work in this center until lunch

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In order to help the mental health of workers and students at Namangan State University, the State of Psychologist was established. Today, Rahimova Zarifa, a university psychologist, works with students and prevents them from worsening their psychological condition. The psychologist works with students individually and collectively not only in his room, but also in the faculties.

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The Code of Ethics of Namangan State University was approved on March 18, 2022, and it defines relations between management, professors, teachers, workers, and students. **Chapter 4** (Requirements for behavior and official communication of employees, students and doctoral students) of the Rules of Ethics, **Article 16** (Preventing unethical and improper behavior at the University) consumption and distribution of narcotic drugs, psychotropic substances and their analogs, alcohol and tobacco products that prevent the employee from working at the university, in the university buildings and yard, as well as adjacent to the university buildings and less than 500 meters from them it is forbidden to drink alcohol, smoke tobacco or other products, and be intoxicated in the non-public area.

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