

Impact of the Activities of Phytobaris in Educational Institutions on the Formation of a Healthy Lifestyle Among Students and the Learning Process

Bektaeva X O,

Chirchik State Pedagogical University, bektayeva80@gmail.com

Ganiev A K

Tashkent Pharmaceutical Institute, Tashkent, Uzbekistan

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Abstract: Relevance: The Resolution of the President of the Republic of Uzbekistan No. PQ-4670 dated April 10, 2020 “On measures for the protection, cultivation, processing and rational use of available resources of wild medicinal plants” establishes the task of organizing phytobars in state medical institutions, including family clinics and rural (village) medical stations, sanatorium-resort institutions, schools and higher educational institutions. The Resolution provides for exemption from customs duties for vending machines for phytobars, a 50% reduction in the established amount of rent for the use of state-owned facilities when phytobars are organized by business entities in state institutions, and in cases where phytobars are organized through vending machines, rent for the use of state-owned facilities is not calculated. When phytobars are established in schools and higher education institutions, it is a pressing issue to form a healthy lifestyle in young people and study its impact on the educational process.

Purpose of the study: In the Resolution of the Cabinet of Ministers of the Republic of Uzbekistan dated 16.01.2025 No. VMQ-14 “On measures to organize dual education in the higher education system”, strengthening the theoretical knowledge of students, developing professional and creative interests of students, creating opportunities for students to study and work, etc. are among the main goals of dual education. The main goal of our research was to study the impact of the phytobar activities organized at Chirchik State Pedagogical University on the formation of a healthy lifestyle among students and young people and the possibilities of organizing dual education in the educational process.

Methods and techniques: In order to ensure the implementation of the Resolution of the President of the Republic of Uzbekistan dated April 10, 2020 No. PQ - 4670, phytobar activities were organized at Chirchik State Pedagogical University starting from the 2020/2025 academic year. Students who are interested in this area and have high mastery were involved in organizing phytobar activities. In this regard, the impact of phytobar activities organized at Chirchik State Pedagogical University on the formation of a healthy lifestyle among students and young people and on the educational process was studied.

Results: The phytobar activity organized at Chirchik State Pedagogical University aroused great interest not only among students, but also among the university community. This situation, first of all, was a great motivation for students involved in the phytobar activity. Along with the formation of a healthy

lifestyle among students and young people, there was an interest in medicinal plants in them, a rediscovery of plants growing around them. No negative situations were observed in the development of students who helped in the phytobar activity.

Conclusions: It was determined that the task of organizing phytobars in higher educational institutions, established by the Resolution of the President of the Republic of Uzbekistan No. PQ-4670 dated April 10, 2020, has a positive impact on the formation of a healthy lifestyle among students and young people, as well as the formation of practical skills in students in the field of study (specialty), their acquisition of the necessary practical skills and qualifications to work with modern equipment and technologies, and finally, the introduction of new teaching technologies into the educational process, which provides opportunities for increasing the competitiveness of students.

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