



MINUTES OF THE EDVISE HOUR
No. 1 dated September 7, 2025.

Advisor of the Grado-20-12 group - Amirova S.N.
Group leader - Amirov M.S.
Present: 24 people (attendance list attached)

AGENDA:

1. Introduction of the advisor to the group and familiarization of students with the Internal Rules for Students of the MOK.
2. Lecture-presentation on the topic: Human health. Healthy lifestyle.
 - Video presentation: "Seven Rules for a Healthy Lifestyle. How to lead a healthy lifestyle. Simple ways."

1. The first item on the agenda was the introduction of the advisor, S.N. Amirova, to the group, followed by a discussion of the internal rules and regulations (IRR) for students at the MOK.

The internal regulations (IR) are intended to promote the rational use of study time, improve the quality of the educational process, strengthen academic discipline, promote the moral education of students, further strengthen academic discipline, organize work and study on a scientific basis, promote the rational use of study time, and increase the effectiveness of the educational process. The IR regulates the relations between the MOK administration and students and is mandatory for students. Therefore, I ask that advisor hours be held in study groups and that advisors familiarize students with detailed information about the MOK Internal Regulations and the MOK Student Code of Honor, which must be signed. Issues related to the rights and obligations of students were also discussed, as well as familiarizing students with the nature and specifics of their studies at the MOK, the schedule of academic and extracurricular activities, passing and retaking exams, the student self-government system, sports clubs, recreation, and the organization of independent work.

Decision: to take note of the information.

2. On the second issue, the advisor gave a lecture-presentation on the topic: Human Health. Healthy Lifestyle.

- This was followed by a video presentation entitled "Seven Rules for a Healthy Lifestyle. How to lead a healthy lifestyle. Simple ways."



Decision: take note of the information.

Group advisor:

Amirova S.N.

Group leader:

Amirov M.S.

**Attendance sheet
of those present at the advisor's hour
07.09.2025**

No	Full name	Student's signature	Note
1.	Alimov Alisher Askarovich		
2.	Ivanova Tatyana Nikolaevna		Absent due to illness
3.	Sabirova Dana Timurovna		
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