

## Roundtable Discussion on Women's Reproductive Health Held at UzSWLU

On November 8, 2023, Uzbekistan State World Languages University organized a roundtable discussion aimed at raising awareness among the population, particularly women and young people preparing for marriage, on the importance of building a healthy family, ensuring the birth of healthy children, and their proper upbringing.

The event was initiated by the Women's Council of the university and focused on improving medical literacy and strengthening awareness of reproductive health among female students.

A qualified gynecologist, Z. Togaymurodova, participated in the event and delivered a lecture on the topic "Improving Women's Reproductive Health – Enhancing Medical Literacy." During the session, participants received comprehensive information on women's health protection, prevention of early marriages, promotion of a healthy lifestyle, and key factors influencing future generations' well-being.

The roundtable was held in an interactive format, allowing participants to ask questions and receive professional, evidence-based answers from the specialist.

This initiative contributes to promoting a healthy lifestyle, increasing social responsibility among students, and supporting gender equality and community well-being.

It is important to note that such awareness-raising and health-focused events are systematically organized at the university and are **held on a quarterly basis**, demonstrating the institution's commitment to sustainable development goals and social responsibility.





## SOG'LOM OTA-ONA-SOG'LOM FARZANDI

"Oila va xotin-qizlar"  
ilmiy-tadqiqot instituti



### REPRODUKTIV SALOMATLIK NIMA?

Reproduktiv salomatlik — bola tug'ilishida ishtirok etuvchi erkak va ayolning jismoniy, ruhiy salomatligi va ijtimoiy farovonligi holati.

Aslida reproduktiv salomatlik faqat ayollar salomatligi emas, balki erkaklar salomatligi va ularning oila salomatligini muhofaza qilishda tutgan o'rinlari hamdir.

Shuningdek, barcha muammolarga ikki jins vakillari (er va xotin) teng mas'uldirlar.

### REPRODUKTIV SALOMATLIKNI MUHOFAZA QILISHNING 12 TAMOYILI:



xavfsiz homiladorlikning ta'minlanganligi



bexatar tug'ruq



chilla davridagi malakali yordam



abort va uning oldi olinganligi



tug'ruqlar oraliq'iga rioya qilinganligi



zamonaviy kontraseptiv vositalar haqida aholiga keng ma'lumatlar berilganligi



OITSning oldi olinganligi



bepushlikning oldi olinganligi



ota-onalik va bolalik muhofazasi



saraton va saratonoldi kasalliklarining oldi olishning tashkillashtirilganligi



ko'krak suti bilan boqish targ'ibotining mavjudligi



o'smirlar reproduktiv salomatligi va jinsiy tarbiya



## Condoms

Condoms are the most popular birth control method and the only one that also protects against sexually transmitted diseases (STDs).

TYPES	HOW TO USE
<p>Condoms come in three sizes:</p> <ul style="list-style-type: none"> <li>● <b>Male condoms</b> - available over the counter</li> <li>● <b>Female condoms</b> - may need a prescription</li> <li>● <b>Dental dams</b> - available over the counter</li> </ul>	<ul style="list-style-type: none"> <li>● <b>Male condoms</b> - placed on an erect penis</li> <li>● <b>Female condoms</b> - worn inside the vagina</li> <li>● <b>Dental dams</b> - placed on the vagina or anus during oral or anal sex</li> </ul>
PROS	CONS
<ul style="list-style-type: none"> <li>● Protect against STDs</li> <li>● Affordable &amp; easy to find</li> <li>● Come in various sizes &amp; types</li> <li>● Do not contain hormones</li> </ul>	<ul style="list-style-type: none"> <li>● Male condoms are 85% effective</li> <li>● Female condoms are 79% effective</li> <li>● Can tear, leak, or slip off</li> <li>● Application may disrupt sex</li> </ul>

