



Tasdiqlayman"

Xalqaro fakulteti dekani,

MEKDONARDOLSON J. X. Tursunov

2024 y

**TOSHKENT TIBBIYOT AKADEMIYASI O'ZBEK VA XORIJIY TILLAR  
KAFEDRASINING 2024-2025-O'QUV YILI UCHUN YILLIK  
TO'GARAKLAR REJASI**

| N/M | MA'SUL<br>O'QITUVCHILAR<br>F.I.SH. | TO'GARAK NOMI                                                    | O'TKAZISH<br>VAQTI.        |
|-----|------------------------------------|------------------------------------------------------------------|----------------------------|
| 1   | R.M. Abdullayeva                   | “Актуальные проблемы<br>современной медицинской<br>терминологии” | Bir oyda bir<br>marta      |
| 2   | L.U. Kadirova                      | “По русски – легко”                                              | Bir oyda bir<br>marta.     |
| 3   | Sh. R. Xaydarova                   | “Русская грамматика”                                             | Ikki haftada bir<br>marta. |
|     | A.K. Avezova                       | “Chet elliklar uchun o'zbek<br>tili”                             | Bir oyda ikki<br>marta     |
| 5   | M.A. Kaxorova                      | “Invia est in medicina via sine<br>lingua Latina”                | Ikki haftada bir<br>marta. |
| 6   | O. Sh. Nazarova                    | “Lotin tili grammatikasi va<br>uning strukturasi”                | Ikki haftada bir<br>marta. |
| 7   | Sh.E. Abrayeva                     | “Alma mater”                                                     | Bir oyda ikki<br>marta     |
| 8   | G.Sh. Xazratova                    | “Grammar today”                                                  | Bir oyda ikki<br>marta     |
| 9   | F.B.<br>Tashxodjayeva              | “Speaking club”                                                  | Bir oyda bir<br>marta      |



|    |                   |                           |                          |
|----|-------------------|---------------------------|--------------------------|
| 10 | M.A. Esonboyeva   | "Word wizards"            | Bir oyda bir marta       |
| 11 | N.U. Ruzimbayeva  | "Language lab"            | Bir oyda bir marta       |
| 12 | G.A. Dadaboyeva   | "Listening podcast"       | Bir oyda ikki marta      |
| 13 | A.K. Utambetova   | "LET"                     | Haftaning har seshanbasi |
| 14 | M.B. Umrqulova    | "Vocabulary ventures"     | Bir oyda bir marta       |
| 15 | G. Bobomurodova   | "English explorer"        | Bir oyda bir marta       |
| 16 | N. Rahmatova      | "Vocabulary improvement". | Bir oyda bir marta       |
| 17 | X.J. Bekchanova   | Proficiency in English    | Bir oyda ikki marta.     |
| 18 | G.I. Raximidinova | "Proficiency in English"  | Bir oyda ikki marta.     |

O'zbek va xorijiy tillar kafedrasining mudiri

Ma'naviyat bo'yicha mas'ul

Mas'ul o'qituvchisi



R.M. Abdullayeva

O.A. Muxammedova

G.I. Raximidinova

**Tibbiyota xorijiy til fanidan “Vocabulary ventures” nomli to‘garak**

**KALENDAR REJASI**

**2024-2025 o‘quv yili uchun**

| <b>№</b>  | <b>SANA</b> | <b>MAVZU</b>                                  | <b>SOAT</b> |
|-----------|-------------|-----------------------------------------------|-------------|
| <b>1.</b> | 26.09.24.   | Human Nature. Learning how to describe people | 2           |
| <b>2.</b> | 17.10.24.   | First Impression                              | 2           |
| <b>3.</b> | 21.11.24.   | Stereotypes                                   | 2           |
| <b>4.</b> | 19.12.24.   | Country Study                                 | 2           |
| <b>5.</b> | 20.02.25.   | Healthy food versus junk food                 | 2           |
| <b>6.</b> | 13.03.25    | Nutrition and health                          | 2           |
| <b>7.</b> | 17.04.25.   | Healthy lifestyle and social relationships    | 2           |
| <b>8.</b> | 15.05.25    | Revision.                                     | 2           |

**O‘zbek va xorijiy tillar kafedrasi mudiri**

**Ma’naviyat bo‘yicha mas’ul**

**To‘garak o‘qituvchisi**

**R.M. Abdullayeva**

**O.A. Muxammedova**

**M.B. Umirqulova**



## **Toshkent tibbiyot akademiyasi O‘zbek va xorijiy tillar kafedrasining**

### **“Vocabulary ventures” to‘garak mashg‘uloti**

#### **Bayonnomasi № 1.**

**Toshkent sh.**

**26.09.2024 yil.**

**Qatnashdilar:** To‘garak rahbari o‘qituvchi M.B.Umirqulova, to‘garak a‘zolari: Turdiqulova Gulasal, Yo‘ldoshqo‘ziyeva Nargiza, Umarov Ma‘mur, Eshmo‘minova Mehribon, Fozilova Ra‘no, Sharipova Farangiz, Baxtiyorova Farangiz, Dadaboyev Shoxruz, Mirzoyeva Saida, Davlatova Laylo, Ibragimov Islomali, Tursunboyev Muhammadjon

#### **Kun tartibi:**

1. Kafedrada to‘garaklarga faol talabalarni tanlab olish. Kafedra to‘garak ilmiy ishi yo‘nalishi bilan tanishtirish.

**Eshitildi:** To‘garak rahbari o‘qituvchi M.B.Umirqulova so‘zga chiqib, **“Vocabulary ventures”** to‘garagining tematik rejasi va nizomi bilan yig‘ilish ishtirokchilarini tanishtirib o‘tdi. To‘garak faoliyati har oy 1 marta payshanba kuni soat 14:30 da bo‘lib o‘tishi haqida axborot berdi. Ingliz tiliga qiziquvchi talabalar mazkur to‘garaklarga tanlab olinganligi, to‘garak faoliyati davomida amaliy bilimlar berib borilishi bilan bir qatorda talabalarning nutqini rivojlantirishga katta ahamiyat berilishini takidlab o‘tdi. Va shuningdek to‘garak rahbari bugungi kunda chet tillarga e‘tibor kun sayin ortayotgani, tibbiyot xodimlari faoliyatida ingliz tilini ahamiyatini, mazkur to‘garak faoliyati davomida turli muammolarga yechim topishga amaliy bilim hamda ko‘nikmalarni shakllantirishga qaratilganligi haqida aytib o‘tdi.

Shundan so‘ng to‘garak raxbari tomonidan to‘garak a‘zolarining ro‘yxati e‘lon qilindi:

| <b>T/R</b> | <b>F.I.SH</b>             | <b>Fakultet, kurs, guruhi</b> |
|------------|---------------------------|-------------------------------|
| <b>1.</b>  | Turdiqulova Gulasal       | 109 B 1-davolash              |
| <b>2.</b>  | Yo‘ldoshqo‘ziyeva Nargiza | 109 B 1-davolash              |
| <b>3.</b>  | Umarov Ma‘mur             | 109 B 1-davolash              |
| <b>4.</b>  | Eshmo‘minova Mehribon     | 106 B 1-davolash              |
| <b>5.</b>  | Fozilova Ra‘no            | 106 B 1-davolash              |
| <b>6.</b>  | Sharipova Farangiz        | 106 B 1-davolash              |
| <b>7.</b>  | Baxtiyorova Farangiz      | 113 A 1-davolash              |
| <b>8.</b>  | Dadaboyev Shoxruz         | 113 A 1-davolash              |
| <b>9.</b>  | Mirzoyeva Saida           | 113 A 1-davolash              |
| <b>10.</b> | Davlatova Laylo           | 113 A 1-davolash              |
| <b>11.</b> | Ibragimov Islomali        | 113 A 1-davolash              |
| <b>12.</b> | Tursunboyev               | 113 A 1-davolash              |

*Adjectives, Human natures, Questions & short answers, Telephone numbers. Days. Months. Colours* mavzulari bilan to‘garak a‘zolari bilan dars o‘tildi. Talabalar o‘zlarini qiziqtirgan savollarga javob olishdi va keyingi darsga tayyorlash uchun quyidagi mavzularni *Introduction. Learning how to describe people* olishdi.



**O‘zbek va xorijiy tillar kafedrasi mudiri**  
**To‘garak mas’uli**

**R.M. Abdullayeva**  
**M.B.Umirqulova**

**Toshkent tibbiyot akademiyasi O‘zbek va xorijiy tillar kafedrasining**  
**“Vocabulary ventures” to‘garak mashg‘uloti**



## Bayonnomasi № 2.

17.10.2024 yil.

**Qatnashdilar:** To'garak rahbari o'qituvchi M.B.Umirqulova, to'garak a'zolari: Turdiqulova Gulasal, Yo'ldoshqo'ziyeva Nargiza, Umarov Ma'mur, Eshmo'minova Mehribon, Fozilova Ra'no, Sharipova Farangiz, Baxtiyorova Farangiz, Dadaboyev Shoxruz, Mirzoyeva Saida, Davlatova Laylo, Ibragimov Islomali, Tursunboyev Muhammadjon

**Kun tartibi:** 1. To'garak ma'suli o'qituvchi M.B.Umirqulova to'garak kalendar rejasi asosida o'tiladigan mavzuni tanishtirdi: *First Impression. Present simple tense: auxiliary verbs. Family. Jobs. Nationalities. Test*

**Eshitildi:** To'garak a'zolari Turdiqulova Gulasal, Yo'ldoshqo'ziyeva Nargiza, Umarov Ma'mur, Eshmo'minova Mehribon, Fozilova Ra'no, Sharipova Farangiz, Baxtiyorova Farangiz, Dadaboyev Shoxruz, Mirzoyeva Saida, Davlatova Laylo, Ibragimov Islomali, Tursunboyev Muhammadjon bilan oldingi o'tilgan dars mavzularni mustaxkamlandi. Talabalar Umarov Ma'mur tomonidan "Introduction" mavzusiga tayorlagan textni muhokama qilishdi.

### 1 Match each verb with the best noun phrase to create general advice for exercising.

1 **take up**

a some physical activity

b minor changes

2 **kick**

a a new routine

b old habits

3 **stick to**

a a new regime

b the amount of exercise

4 **settle to**

a old habits

b a new routine

5 **increase**

a the amount of exercise you do gradually

b a new regime

6 **make**

a old habits

minor changes

7 **devise**

a your own exercise

b some physical activity

### 2 Add one of the phrases 1-7 to these sentences. You may use each phrase only once. You may need to change the form of the verb.

1. Once you \_\_\_\_\_, you'll begin to notice some improvement.

2. If you \_\_\_\_\_ and set yourself achievable aims, you'll be more likely \_\_\_\_\_ to succeed.

3. It's difficult to \_\_\_\_\_, but once you have got into it...

4. Have you thought of getting someone to help you \_\_\_\_\_?

5. Start small and then try to \_\_\_\_\_.

6. It's better to \_\_\_\_\_ that fits into your daily routine.

7. \_\_\_\_\_ is not easy, but it is not impossible to break them.

**3 Work in groups. Decide what you think are the three most important ideas 1-7 from 2**

Shundan so'ng o'qituvchi talabalarga yangi mavzuni tushuntirib berdi va talabalar bilan mavzu muhokama qilindi.



**O'zbek va xorijiy tillar kafedrasini mudiri**

**R.M. Abdullayeva**

**To'garak mas'uli**

**M.B.Umirqulova**

**Toshkent tibbiyot akademiyasi O'zbek va xorijiy tillar kafedrasining  
“Vocabulary ventures” to'garak mashg'uloti  
Bayonnomasi № 3.**



**21.11.2024 yil.**

**Qatnashdilar:** To'garak rahbari o'qituvchi M.B.Umirqulova, to'garak a'zolari: Turdiqulova Gulasal, Yo'ldoshqo'ziyeva Nargiza, Umarov Ma'mur, Eshmo'minova Mehribon, Fozilova Ra'no, Sharipova Farangiz, Baxtiyorova Farangiz, Dadaboyev Shoxruz, Mirzoyeva Saida, Davlatova Laylo, Ibragimov Islomali, Tursunboyev Muhammadjon

**Kun tartibi:** To'garak ma'suli katta o'qituvchi M.B.Umirqulova to'garak kalendar rejasi asosida o'tiladigan mavzuni tanishtirdi:

**Eshitildi:** To'garak a'zolari Turdiqulova Gulasal, Yo'ldoshqo'ziyeva Nargiza, Umarov Ma'mur, Eshmo'minova Mehribon, Fozilova Ra'no, Sharipova Farangiz, Baxtiyorova Farangiz, Dadaboyev Shoxruz, Mirzoyeva Saida, Davlatova Laylo, Ibragimov Islomali, Tursunboyev Muhammadjon bilan oldingi o'tilgan dars mavzulari mustahkamlandi. Adverbs of frequency. *Like + ing*. Object pronouns. Daily activities. Prepositions of time: *in, on*. Leisure activities rejadagi mavzulari talabalarga tushuntirildi. Talaba Davlatova Laylo Healthy lifestyle and social relationships activities (Sog'lom turmush tarzi) foydalari haqida keying darsga report tayorlaydigan bo'ldi.



O'zbek va xorijiy tillar kafedrasini mudiri  
To'garak mas'uli

R.M. Abdullayeva  
M.B.Umirqulova

Toshkent tibbiyot akademiyasi O'zbek va xorijiy tillar kafedrasining  
“Vocabulary ventures” to'garak mashg'uloti  
Bayonnomasi № 4.

19.12.2024 yil.

**Qatnashdilar:** To'garak rahbari o'qituvchi M.B.Umirqulova, to'garak a'zolari: Turdiqulova Gulasal, Yo'ldoshqo'ziyeva Nargiza, Umarov Ma'mur, Eshmo'minova Mehribon, Fozilova Ra'no, Sharipova Farangiz, Baxtiyorova Farangiz, Dadaboyev Shoxruz, Mirzoyeva Saida, Davlatova Laylo, Ibragimov Islomali, Tursunboyev Muhammadjon

**Kun tartibi:** 1. To'garak ma'suli o'qituvchi M.B.Umirqulova to'garak kalendar rejasi asosida o'tiladigan mavzuni tanishtirdi:

**Eshitildi:** To'garak a'zolari Fozilova Ra'no, Sharipova Farangiz, Baxtiyorova Farangiz, Dadaboyev Shoxruz, Mirzoyeva Saida, Davlatova Laylo, Ibragimov Islomali, Tursunboyev Muhammadjon bilan oldingi o'tilgan dars mavzulari mustahkamlandi. Darsda talaba Yo'ldoshqo'ziyeva Nargiza tayyorlab kelgan *Eat well, enjoy your food and keep slim* mavzusi eshitildi.

## Eat well, enjoy your food and KEEP SLIM

Imagine a diet where you can eat three meals a day and forget about calories! With 'food combining', you can eat what you like, but there are some things you can't eat together.

'Food combining' is based on clinical research into the way we digest food. The human body digests different food in different ways. Fruit only takes half an hour to digest, but carbohydrates take three to four hours, and proteins take up to eight hours. This is why it is important to eat the same kinds of food together.

There are many diets based on food combining: for example, the Hay diet and the Montignac method. Some of these diets are complex, but don't worry. You just need to follow a few simple rules and you can eat well, enjoy your food and keep slim.

*Modals: can, can't, have to, don't have to. Describing character. Jobs* rejadagi mavzulari talabalarga tushuntirildi. Listening, Speaking mashqlari bajarildi.





**O'zbek va xorijiy tillar kafedrası mudiri  
To'garak mas'uli**

**R.M.Abdullayeva  
M.B.Umirqulova**