

Ashgabat, 10 April 2025 — Yesterday, the Institute of International Relations under the Ministry of Foreign Affairs of Turkmenistan hosted an informational and interactive event dedicated to World Health Day under the theme **“Healthy Lifestyle – a Choice of the Young Generation.”**



The event was organized by the Programme Office of the United Nations Office on Drugs and Crime (UNODC) in Turkmenistan, in cooperation with the Institute of International Relations under the Ministry of Foreign Affairs of Turkmenistan and the Embassy of the State of Israel in Turkmenistan.

The main objective of the event was to encourage a conscious and informed approach to health and safety among young people, and to strengthen their resilience to modern challenges.

More than 80 students from the Institute of International Relations participated in the initiative. The day began on an energetic note with upbeat music, followed by opening remarks from the Vice-Rector of the Institute, a representative of the Embassy of Israel, and a representative of the UNODC Programme Office in Turkmenistan.





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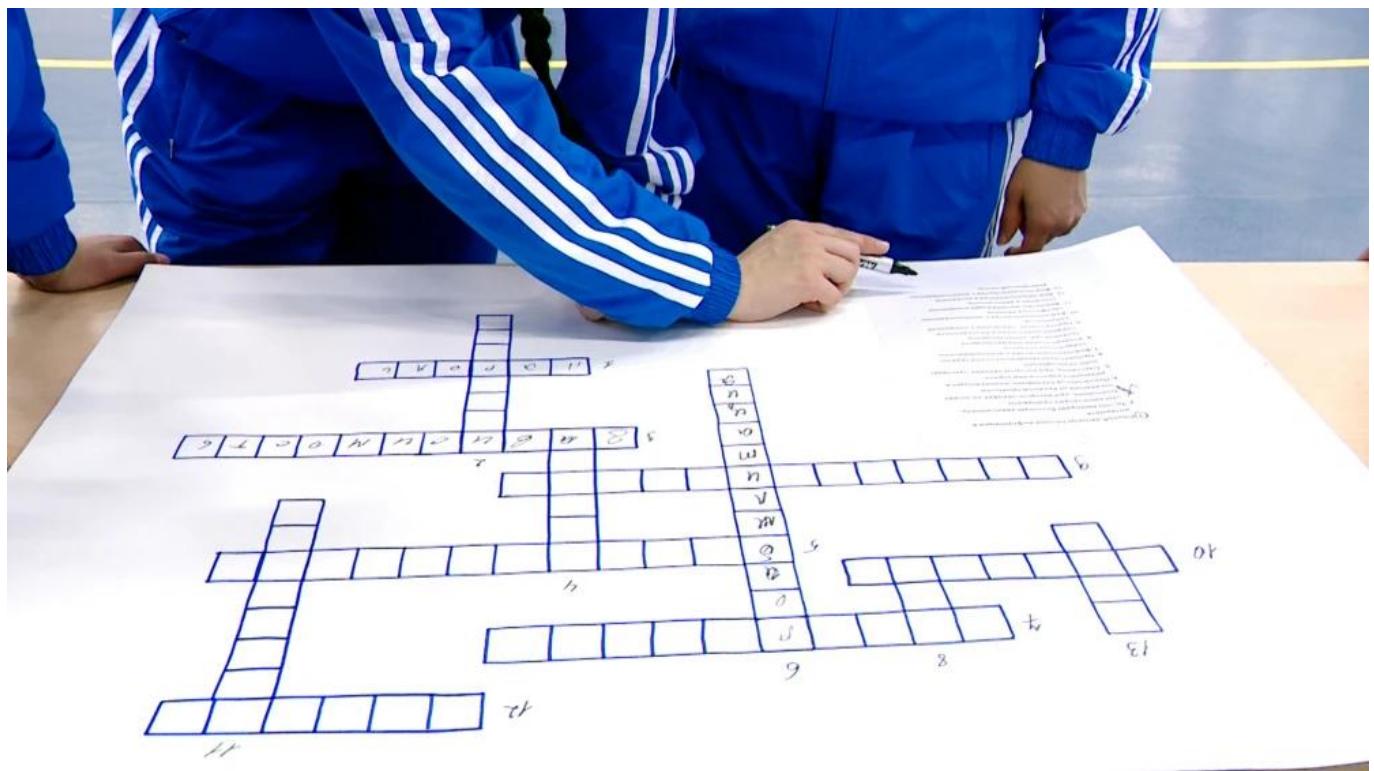


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The interactive programme aimed to actively engage students in reflecting on key topics related to health and safety. As a warm-up, participants joined a dynamic "True or False" game that tested their knowledge of healthy living. They then took part in a thematic quest featuring creative stations focused on various aspects of physical and mental well-being, as well as the prevention of harmful habits.

The highlight of the day was the enactment of situational scenarios that reflected key areas of UNODC's mandate — including the prevention of drug use, combating human trafficking, online fraud, and other forms of organized crime. This hands-on activity helped students grasp how easily one can become vulnerable to modern-day risks and reinforced the importance of making informed, safe, and healthy choices.





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After completing the quest stations, participants collected letters at each stop for successfully completed tasks, ultimately forming meaningful code phrases related to healthy lifestyles.

This vibrant and insightful day served as a powerful reminder: health and safety are not just abstract concepts — they are daily choices. And it is the youth, equipped with knowledge and critical thinking, who can drive positive change in society. Initiatives like this play a key role in shaping a responsible and conscious generation, ready to meet the challenges of the modern world.