
LDU
1992
LƏNKƏRAN DÖVLƏT UNİVERSİTETİ
SPORT



PROMOTING A HEALTHY LIFESTYLE AND INTEREST IN SPORTS AMONG STUDENTS AT LANKARAN STATE UNIVERSITY

The meaningful and engaging use of students' leisure time, increasing their interest in sports, and fostering a healthy lifestyle among students at Lankaran State University (LSU) are always given special attention. To encourage students' interest in sports, the University regularly organizes competitions in various sports disciplines and facilitates their participation in sports competitions and events held in the region.


Azərbaycan Basketbol Liqası






ABL
Azərbaycan Basketbol Liqası
BIZON

LSU's sports infrastructure includes facilities designed to support students and university staff in engaging in physical activities during their free time, promoting a healthy lifestyle, and participating in sports competitions.

1. Fitness Centers and Gyms

Fitness centers and gyms are used to improve physical fitness, develop muscle strength, and promote a healthy lifestyle. These facilities include:

Free weights and weightlifting equipment;

Exercise machines for strength and resistance training;

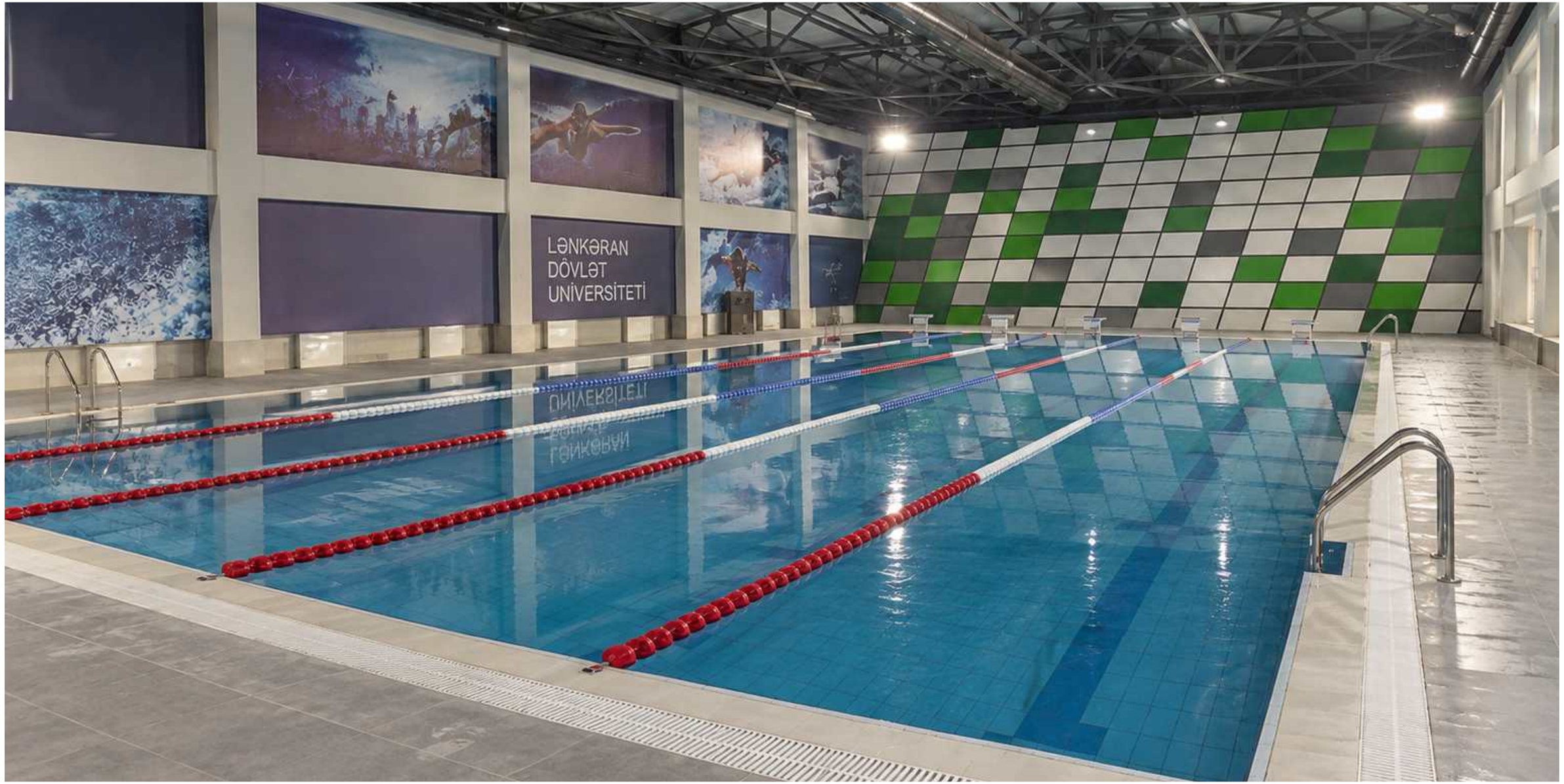
Dedicated areas for general physical fitness activities;

Facilities for individual and group exercise sessions.


SAĞLAM TEKNİK


Body-Solid

Swimming Pools



Gyms and Fitness Centers

These indoor sports facilities are equipped with various types of exercise equipment for strength training, cardiovascular workouts, and group fitness activities. They support students and university staff in improving their physical fitness, maintaining an active lifestyle, and enhancing their overall health and well-being.



Sports Halls or Multi-Purpose Indoor Courts

Sports halls are used by students and university staff to participate in various team sports, improve their physical fitness, and take part in sports competitions. These facilities are used for the following activities:

Basketball;

Volleyball;

Other indoor team sports.

These sports facilities contribute to students' physical development, promote teamwork, and encourage a healthy lifestyle.





Lankaran State University’s Team Wins Bronze Medal at the 3rd Traditional “Golden Ball” Futsal Tournament

In the final matches of the 3rd Traditional “Golden Ball” Futsal Tournament, Lankaran State University’s team defeated the team of the Lankaran-Astara Regional Youth and Sports Department with a score of 5–0, earning the bronze medal. The tournament is important for encouraging students’ interest in sports, promoting a healthy lifestyle, and strengthening team spirit.






QIZIL TOP


AZE
AZE
VISA


AZE

The Rector of Lankaran State University Attended an Azerbaijan Basketball League Match

The Rector of Lankaran State University, Natig Ibrahimov, attended the basketball match between “Zirvə Astara BK” and “NTD BK” held at the Astara Olympic Sports Complex as part of the 10th round of the Azerbaijan Basketball League.







CHESS TOURNAMENT DEDICATED TO THE 102ND ANNIVERSARY OF HEYDAR ALIYEV HELD AT LANKARAN STATE UNIVERSITY

The winners of the chess tournament dedicated to the 102nd anniversary of the birth of National Leader Heydar Aliyev, held at Lankaran State University, were determined among the students and awarded diplomas and medals.






LƏNKƏRAN DÖVLƏT
UNİVERSİTETİ



Ceyhun Mahmudov, a student at the Faculty of Economics and Management of Lankaran State University, has achieved success in international para powerlifting competitions. He won two gold medals in the 54 kg weight category at the World Cup. His achievements are a source of pride for the University and serve as an example of promoting interest in sports and a healthy lifestyle among students.



Meeting Between the Minister of Youth and Sports and Students Held at Lankaran State University

A meeting between Farid Gayibov, Minister of Youth and Sports of the Republic of Azerbaijan, and student youth was held at Lankaran State University. The meeting addressed youth policy, the organization of students' leisure time, employment, sports development, gender equality, and measures to combat harmful habits. The Minister answered students' questions and exchanged views with them.



