The role of teachers in the formation of healthy habits and skills of translating the epic genre

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Abstract The article examines the importance of teachers in the process of forming healthy habits and skills of translating the epic genre among students of linguistics. The article highlights psychological and pedagogical approaches that contribute to the successful adaptation of students to complex translation tasks as well as their emotional and physical well-being. Methods used in the educational environment to maintain a healthy lifestyle, including physical activity, proper nutrition, and stress management, and their impact on students' cognitive abilities and creative thinking, are analyzed. Special attention is paid to the phonetic and phonological aspects of the translation of epic texts, such as alliteration, rhythm, and intonation, and their role in ensuring high-quality translation. In conclusion, practical recommendations are offered for teachers on integrating health and educational tasks aimed at improving the level of professional training of future translators.

Keywords Healthy habits, translation skills, epic genre, teachers, pedagogy, phonetics, phonology

1. Introduction

Healthy habits play a key role in every person's life starting from early childhood and throughout life. The formation of such habits often begins in the family, but educational institutions also have a significant impact on this process. In school conditions, teachers play an important role in educating and maintaining a healthy lifestyle among students. Teachers not only teach children the basic academic disciplines but also serve as role models, setting standards of behavior and lifestyle. Their influence is especially noticeable during primary and secondary education when children are most susceptible to external influences. Promoting a healthy lifestyle, including proper nutrition, regular physical exercise, and giving up bad habits, is one of the key tasks of modern education. Various studies have demonstrated the effectiveness of educational interventions in promoting health among students [1, 2].

In physical education, biology, and even extracurricular activities, teachers can introduce knowledge about the importance of health and how to maintain it. They teach children the
basics of hygiene, the principles of rational nutrition and the need for physical activity. Teachers can also hold talks and lectures about the dangers of smoking, alcohol and drugs, thereby forming a negative attitude towards these harmful habits among students.

The translation of epic works is a complex and multifaceted task that requires a deep understanding of both the original language and the target language. Teachers who teach students translation skills play an important role in developing these skills. Epic texts often contain rich metaphors, archaisms and cultural references, which makes their translation especially difficult.

The main task of a teacher in this context is to teach students methods and approaches that will help them cope with these difficulties. First of all, it concerns the skills of text analysis, determining the key elements that need to be conveyed in translation. Teachers teach students various techniques, including contextual translation, adaptation of cultural realities and preservation of stylistic features of the original.

In addition, an important aspect is to develop students' sense of responsibility towards the original and the audience. The translator should strive for maximum accuracy and adequacy of the translation in order to preserve the author's intention and convey to the reader all the richness and depth of the original text. Teachers can organize seminars and practical classes where students have the opportunity to discuss and analyze various approaches to the translation of epic works.

Although at first glance the topics of forming healthy habits and translating skills of the epic genre seem unrelated, there is an important aspect that unites them. Both processes require a systematic approach, dedication and continuous improvement. Educators play a crucial role in shaping these qualities in their students, whether through instilling healthy habits or developing professional skills.

Thus, teachers act not only as transmitters of knowledge, but also as mentors who help their wards develop comprehensively. In this context, their contribution to the formation of a healthy lifestyle and professional skills cannot be overestimated. In the modern educational environment aimed at the comprehensive development of personality, the role of teachers is becoming especially significant and diverse.

This article discusses the main methods and approaches used by teachers to form healthy habits and skills of translating epic texts. The results of their activities are also analyzed and recommendations are offered for further improvement of educational programs.

2. Methodology

To study the role of teachers in the formation of healthy habits and skills of translating the epic genre, an integrated approach was used, including both qualitative and quantitative methods. This study was based on a theoretical analysis of the scientific literature, as well as an empirical study including surveys, interviews and observations.

The theoretical analysis included the study of scientific literature in the following areas:

- Pedagogy and health:
  - A study of modern approaches to the formation of healthy habits in children and adolescents in educational institutions.[2,3].
- Methodology of teaching translation:
  - The study of techniques and technologies used in the training of translators, with a special focus on the translation of epic works.[4,5].
- Epic texts:
  - Analysis of the features of the epic genre, including linguistic and cultural aspects that must be taken into account when translating. [6,7].

Empirical research
The empirical part of the study included the following methods:
Surveys and questionnaires:
Surveys were conducted among teachers, students and their parents to obtain data on methods of forming healthy habits and translation skills. The questionnaires contained both closed and open questions, which made it possible to collect quantitative data and receive qualitative comments. [2].

Interviews:
Semi-structured interviews were conducted with teachers specializing in physical education and translation teaching. The interviews allowed for a deeper understanding of the techniques used in the work and to identify the most effective approaches. [1].

Observation:
Educational activities and extracurricular activities aimed at developing healthy habits and translation skills were monitored. The observation was conducted according to pre-developed criteria, which made it possible to systematize the data obtained.[3]

Research methods
Formation of healthy habits
Physical education program: the program of physical education in schools was analyzed, which includes a variety of physical activities, sports activities and wellness programs. The effectiveness of various forms of physical activity and their impact on the formation of stable healthy habits were studied. [1]

Psychological and pedagogical support:
Methods of psychological and pedagogical support aimed at motivating students to lead a healthy lifestyle were studied. Individual and group consultations, trainings and seminars were analyzed. [2].

Information and educational work:
Methods of information and educational work were studied, including lectures, talks and thematic class hours. Special attention was paid to the use of modern information technologies and multimedia tools. [3].

Epic genre translation Skills
Text analysis: a detailed analysis of epic texts was carried out to identify linguistic and cultural characteristics that must be taken into account when translating. The methods of text analysis used in the educational process were studied. [4, 5]

Practical classes: the methods of conducting practical translation classes were studied, including group work, analysis and discussion of translations, and homework. The effectiveness of various forms of work and their impact on the development of translation skills were analyzed. [6, 7]

Project work: the methods of project work were studied, including the implementation of translation projects, the creation of a portfolio, participation in competitions and conferences. The influence of project activities on the motivation of students and the development of their professional competencies was studied. [4]

Data analysis and interpretation
The collected data were analyzed using both quantitative and qualitative methods. Quantitative data obtained from surveys and questionnaires were processed using statistical methods, which made it possible to identify general trends and patterns (Johnson, 2015). Qualitative data obtained from interviews and observations were analyzed using content analysis methods, which allowed us to better understand the essence of the processes under study and identify the most effective approaches [1].

3. Results
The empirical research revealed several key findings regarding the role of teachers in promoting healthy habits and translation skills in students.

**Impact of Physical Education Programs:**

Teachers implementing comprehensive physical education programs observed a significant increase in students' physical activity levels and awareness of healthy lifestyle choices. These programs included various physical activities, sports events, and wellness initiatives.

1. **Variety of Physical Activities:**

   Physical education programs often incorporate a wide range of activities designed to engage students and promote physical fitness. These activities can include traditional sports like soccer, basketball, and volleyball, as well as individual exercises such as running, swimming, and gymnastics. The variety ensures that students can find activities they enjoy, which increases their participation and enthusiasm for physical exercise.

   According to Smith (2010), introducing diverse physical activities helps students develop different physical skills and improves their overall physical health. Engaging in varied physical exercises not only enhances cardiovascular fitness but also improves coordination, balance, and flexibility.

2. **Sports Events:**

   Organizing sports events and competitions is a crucial component of physical education programs. These events encourage students to participate in physical activities regularly and foster a sense of teamwork and sportsmanship. School sports events can range from intramural games to interschool competitions, providing students with opportunities to showcase their skills and compete in a structured environment.

   Smith (2010) highlights that participation in sports events helps students build social skills, learn to work collaboratively, and develop a sense of community. Moreover, competitive sports teach students important life skills such as discipline, goal-setting, and perseverance.

3. **Wellness Initiatives:**

   Wellness initiatives are another essential element of comprehensive physical education programs. These initiatives aim to educate students about the importance of maintaining a healthy lifestyle beyond physical activity. Wellness programs can include workshops on nutrition, stress management, mental health awareness, and the benefits of regular exercise.

   Smith (2010) points out that wellness initiatives help students understand the holistic nature of health, emphasizing that physical, mental, and emotional well-being are interconnected. By participating in wellness programs, students learn to make informed decisions about their health and develop lifelong habits that contribute to their overall well-being.

4. **Long-Term Benefits:**

   The long-term benefits of comprehensive physical education programs are significant. Students who regularly participate in these programs are more likely to maintain an active lifestyle into adulthood. They also tend to have a better understanding of the importance of health and wellness, which can lead to reduced risks of chronic diseases such as obesity, diabetes, and heart disease.

   Smith (2010) asserts that the positive impact of physical education programs extends beyond physical health. Students who engage in regular physical activity often exhibit improved academic performance, better concentration, and enhanced cognitive abilities. The skills and habits developed through physical education programs can contribute to students' success in various aspects of life.

   Comprehensive physical education programs play a vital role in promoting students' physical activity levels and awareness of healthy lifestyle choices. By incorporating a variety of physical activities, organizing sports events, and implementing wellness initiatives, teachers can significantly influence students' overall health and well-being. The benefits of these programs are far-reaching, contributing not only to physical health but also to the development of essential life skills and improved academic performance.
exercises not only enhances cardiovascular fitness but also improves coordination, balance, and develop various physical skills and improves their overall physical health. Engaging in varied physical activities, such as gymnastics, basketball, and volleyball, as well as individual exercises such as running, swimming, and yoga, promotes physical well-being.

Beyond physical health, students who participate in wellness programs show increased confidence, better concentration, and enhanced cognitive abilities. The empirical research revealed several key findings regarding the role of teachers in promoting physical activities, organizing sports events, and implementing wellness initiatives, teachers can significantly enhance student engagement and retention of information.

Impact of Physical Education Programs:

1. Variety of Physical Activities:
   - Definition and Purpose: physical education programs often incorporate a wide range of activities designed to engage students and promote physical fitness. These activities can include traditional sports like soccer, basketball, and volleyball, as well as individual exercises such as running, swimming, and yoga.
   - Implementation: schools can invite guest speakers, such as nutritionists, fitness trainers, and mental health professionals, to conduct seminars. These events can include presentations, Q&A sessions, and interactive discussions.
   - Impact: seminars expose students to expert knowledge and new perspectives, inspiring them to adopt healthier behaviors and stay informed about health trends.

2. Wellness Initiatives:
   - Definition and Purpose: wellness initiatives are another essential element of comprehensive physical education programs. These initiatives aim to educate students about the importance of maintaining a healthy lifestyle, emphasizing that physical, mental, and emotional well-being are interconnected. Students can share their challenges and successes, and develop lifelong habits that contribute to their overall well-being.
   - Implementation: these sessions significantly enhanced student engagement and retention of information. Teachers can foster a sense of teamwork and sportsmanship. School sports events can range from intramural games to interschool competitions, providing students with opportunities to showcase their skills and develop lifelong habits.
   - Impact: wellness initiatives can significantly improve students' motivation and adherence to healthy behaviors by providing tailored advice and continuous support.

3. Psychological and Pedagogical Support:
   - Methods of Psychological and Pedagogical Support:
     - Individual Counseling:
       - Definition and Purpose: individual counseling involves one-on-one sessions between a student and a counselor, where personalized attention is given to address specific health and lifestyle concerns.
       - Implementation: during these sessions, counselors work with students to identify personal barriers to a healthy lifestyle, set realistic goals, and develop customized action plans.
       - Impact: research has shown that personalized counseling can significantly improve students' motivation and adherence to healthy behaviors by providing informed advice and continuous support.
     - Group Counseling:
       - Definition and Purpose: group counseling involves sessions with multiple students led by one or more counselors. The group setting encourages peer support and shared experiences.
       - Implementation: these sessions typically focus on common health topics such as stress management, nutrition, and exercise. Students can share their challenges and successes, fostering a sense of community and mutual support.
       - Impact: group counseling can enhance students' sense of belonging and accountability, which are crucial for maintaining long-term healthy habits.
     - Training Sessions:
       - Definition and Purpose: training sessions are structured programs designed to educate students on various aspects of a healthy lifestyle.
       - Implementation: these sessions can cover topics such as time management for regular exercise, understanding nutrition labels, and techniques for stress reduction. Interactive activities, such as workshops and role-playing, are often used to engage students.
       - Impact: training sessions provide practical skills and knowledge, empowering students to make informed decisions about their health.
   - Seminars:
     - Definition and Purpose: seminars are educational meetings where experts in health and education present information on specific topics related to healthy living.
     - Implementation: schools can invite guest speakers, such as nutritionists, fitness trainers, and mental health professionals, to conduct seminars. These events can include presentations, Q&A sessions, and interactive discussions.
     - Impact: seminars expose students to expert knowledge and new perspectives, inspiring them to adopt healthier behaviors and stay informed about health trends.

4. Long-Term Benefits:
   - Use of Modern Information Technologies and Multimedia Tools:
     - Definition and Purpose: incorporating modern technologies and multimedia tools in counseling and educational sessions enhances the learning experience and makes health education more accessible and engaging.
     - Implementation: technologies such as online platforms, mobile apps, and interactive videos can be used to deliver health information, track progress, and provide instant feedback. Multimedia tools like animations and infographics can simplify complex health concepts.

According to Smith (2010), introducing diverse physical activities helps students develop a range of essential life skills and improved academic performance.


- Impact: the use of technology can increase student engagement, facilitate self-paced learning, and ensure continuous access to health resources, leading to better retention of information and sustained behavior change [3].

Research Evidence:
- Johnson (2015) found that the use of personalized counseling and modern technologies in health education significantly improved students' motivation and adherence to healthy behaviors.
- Williams (2012) demonstrated that group counseling and seminars effectively fostered a sense of community and accountability among students, enhancing their commitment to a healthy lifestyle.
- Smith (2010) highlighted the importance of practical training sessions in equipping students with the skills and knowledge necessary for making informed health decisions.

By integrating these methods into the educational environment, teachers and counselors can effectively support students in developing and maintaining healthy habits, ultimately contributing to their overall well-being and academic success.

**Epic Genre Translation Skills:**

Practical translation classes, including group work, analysis, and discussion of translations, were highly effective in improving students' translation skills. Students demonstrated better text analysis abilities and a deeper understanding of the linguistic and cultural nuances of epic texts.

Text analysis: a detailed analysis of epic texts was carried out to identify linguistic and cultural characteristics that must be taken into account when translating. The methods of text analysis used in the educational process were studied [4, 5].

Practical classes: the methods of conducting practical translation classes were studied, including group work, analysis, and discussion of translations, and homework. The effectiveness of various forms of work and their impact on the development of translation skills were analyzed [6, 7].

Group work: practical translation classes involving group work allowed students to collaborate and share insights on complex translation tasks. Working in groups encouraged peer learning, where students could discuss different approaches to translation, debate the best methods to preserve the original text's meaning, and support each other in overcoming linguistic challenges. This collaborative environment fostered a deeper understanding of the text and improved their ability to translate nuanced and culturally rich epic texts.

Analysis and discussion of translations: in addition to group work, practical classes included detailed analysis and discussion of various translations. Students were tasked with translating specific passages from epic texts and then presenting their translations to the class. These sessions involved critiquing each translation, discussing the choices made, and exploring alternative translation strategies. This process helped students to see the strengths and weaknesses in different approaches and to refine their own translation techniques.

Homework and individual projects: homework assignments and individual projects were designed to reinforce the skills learned in class. Students were given passages from epic texts to translate independently, which were later reviewed in class. These assignments provided an opportunity for students to apply their skills in a more focused manner and to receive personalized feedback from their instructors.

Project work: the methods of project work were studied, including the implementation of translation projects, the creation of a portfolio, participation in competitions and conferences. The influence of project activities on the motivation of students and the development of their professional competencies was studied [4].

Translation Projects: larger translation projects allowed students to work on extended texts over a longer period. These projects required students to manage their time, conduct extensive text analysis, and produce polished translations. Working on these projects helped students to
understand the complexities of translating epic texts and to develop a systematic approach to translation.

Portfolio Creation: creating a portfolio of translations enabled students to document their progress and showcase their best work. This practice not only provided a tangible record of their skills but also encouraged them to reflect on their growth as translators. Reviewing their own portfolios helped students to identify areas for improvement and to build confidence in their abilities.

Competitions and conferences: participation in translation competitions and academic conferences provided students with opportunities to present their work to a broader audience. These events allowed them to receive feedback from professionals in the field, to gain recognition for their efforts, and to stay updated on the latest trends and best practices in translation. Engaging in such activities also motivated students to strive for excellence and to continuously improve their translation skills.

Overall, these practical methods significantly enhanced students' translation skills, particularly in the context of epic texts. The combination of collaborative work, individual assignments, and participation in professional activities provided a comprehensive learning experience that prepared students for the complexities of translating culturally rich and linguistically challenging epic texts.

**Project Work:**
The implementation of translation projects and participation in competitions and conferences have been identified as powerful motivators for students, significantly enhancing their professional competencies. This hands-on approach provides several key benefits:

1. **Enhanced Engagement and Motivation:**
   - Real-World Application: engaging in translation projects allows students to apply theoretical knowledge in practical scenarios, bridging the gap between classroom learning and real-world application [6].
   - Competitions and Conferences: participation in translation competitions and academic conferences provides students with opportunities to showcase their skills, receive feedback from experts, and network with peers and professionals. These activities boost students' confidence and motivate them to excel [7].

2. **Improved Understanding of Translation Complexities:**
   - Cultural and Linguistic Nuances: working on translation projects, especially those involving epic texts, helps students to better understand the intricate cultural and linguistic nuances that need to be preserved. This deepens their appreciation for the source material and enhances their ability to produce accurate and culturally sensitive translations [6].
   - Contextual Learning: project work encourages students to consider the context in which the original text was created, promoting a more holistic understanding of the material and its translation [7].

3. **Development of Professional Competencies:**
   - Responsibility and Ethics: translating epic texts involves a high degree of responsibility to faithfully convey the original meaning and stylistic elements. Students develop a strong sense of responsibility towards the original text and the target audience, fostering ethical translation practices [6].
   - Project Management Skills: managing translation projects helps students to develop essential project management skills, such as time management, teamwork, and effective communication. These skills are invaluable in their future professional careers (Havelock, 1982).

4. **Collaboration and Peer Learning:**
   - Group Projects: collaborative translation projects encourage peer learning, where students can share insights, discuss challenges, and learn from each other. This collaborative
environment enhances their problem-solving abilities and promotes a deeper understanding of translation processes [4].

Feedback and Review: receiving constructive feedback from peers and mentors during project work helps students to refine their translation techniques and improve their overall performance. This iterative process of review and revision is crucial for developing high-quality translations [5].

5. Exposure to Industry Standards:

Professional Tools and Software: involvement in translation projects often requires the use of professional translation tools and software, giving students hands-on experience with industry-standard technologies. This practical exposure prepares them for the technological demands of the translation industry [4].

Realistic Deadlines: working on projects with set deadlines helps students to develop the ability to work efficiently under time constraints, a critical skill for professional translators [5].

In summary, project work in translation education is a multifaceted approach that not only enhances students' translation skills but also prepares them for the professional demands of the industry. By engaging in translation projects, participating in competitions, and attending conferences, students gain valuable experience, develop professional competencies, and build a strong foundation for their future careers in translation.

4. Discussion

The findings of this study underscore the critical role teachers play in both the formation of healthy habits and the development of translation skills in students. This section will elaborate on how the integration of physical education programs, psychological and pedagogical support, and information and educational work proved to be effective strategies in promoting a healthy lifestyle among students. Furthermore, it will discuss the impact of these educational strategies on students' cognitive abilities and translation skills, highlighting the interconnectedness of health and professional development.

Promoting Healthy Habits

Physical Education Programs:

Teachers who implemented comprehensive physical education programs observed a significant increase in students' physical activity levels and awareness of healthy lifestyle choices. These programs included a variety of physical activities, sports events, and wellness initiatives, which were designed to engage students actively and make physical exercise an enjoyable part of their daily routine. According to Smith (2010), these programs not only improved students' physical health but also positively influenced their mental well-being, leading to reduced stress and improved academic performance.

Psychological and Pedagogical Support:

Methods of psychological and pedagogical support were found to be highly effective in motivating students to lead a healthy lifestyle. These methods included individual and group counseling, training sessions, and seminars that addressed various aspects of health and well-being. Johnson (2015) highlighted that the use of modern information technologies and multimedia tools in these sessions significantly enhanced student engagement and retention of information. The interactive nature of these tools helped students understand the importance of health and adopt healthier habits more readily.

Information and Educational Work:

Educational activities such as lectures, discussions, and thematic class hours focusing on health education played a crucial role in raising awareness about the dangers of smoking, alcohol, and drugs. These activities were instrumental in fostering a culture of health consciousness among students. Williams (2012) noted that this approach led to a noticeable
decrease in the prevalence of these harmful habits among students, demonstrating the effectiveness of information and educational work in promoting a healthy lifestyle.

**Enhancing Translation Skills**

Practical Classes and Project Work:
The study confirmed that practical classes and project work are essential for students to acquire the necessary competencies for translating complex epic texts. These educational strategies included group work, detailed text analysis, and participation in translation projects, which fostered a deeper understanding and appreciation of the linguistic and cultural intricacies involved in translating the epic genre. Baker (1992) and Newmark (1988) emphasized the importance of hands-on practice and contextual learning in translation studies, and this study supports their findings.

Text Analysis and Group Work:
Detailed text analysis and group work allowed students to collaboratively explore the challenges of translating epic texts, such as maintaining the original tone, style, and cultural references. This collaborative approach not only improved their translation skills but also developed their critical thinking and problem-solving abilities. The study found that students who participated in these activities demonstrated better text analysis abilities and a deeper understanding of the linguistic and cultural nuances of epic texts.

Translation Projects and Competitions:
The implementation of translation projects and participation in competitions and conferences significantly motivated students and enhanced their professional competencies. These activities provided students with practical experience and a platform to showcase their skills. According to Lord (1960) and Havelock (1982), such hands-on experiences are crucial for developing a sense of responsibility towards the original text and the target audience. This study confirmed that students who engaged in these projects were better prepared to tackle the complexities of translating epic texts.

Interconnectedness of Health and Professional Skills
The study highlighted the interconnectedness of forming healthy habits and developing professional skills. Both processes require a systematic approach, dedication, and continuous improvement. Teachers, by serving as role models and mentors, can significantly influence students' overall development and preparedness for their future professional roles. The holistic approach to education, which integrates health and professional training, ensures that students are well-equipped to handle both the physical and intellectual demands of their future careers.

The findings of this study suggest that incorporating health and educational tasks can significantly enhance the professional training of future translators. By promoting healthy habits and providing practical translation experiences, teachers play a vital role in shaping well-rounded individuals who are capable of excelling in their professional and personal lives.

5. Conclusion

This study has highlighted the pivotal role of teachers in shaping both the healthy habits and translation skills of students. Through a multifaceted approach that includes comprehensive physical education programs, psychological and pedagogical support, and information and educational work, teachers can effectively promote a healthy lifestyle among students.

1. **Physical Education Programs:**
The implementation of well-rounded physical education programs that include a variety of physical activities, sports, and wellness initiatives has been shown to significantly increase students' physical activity levels and awareness of healthy lifestyle choices. These programs are instrumental in embedding stable healthy habits in students from a young age, contributing to their long-term physical well-being (Smith, 2010).

2. **Psychological and Pedagogical Support:**
Psychological and pedagogical support, including individual and group counseling, training sessions, and seminars, play a crucial role in motivating students to lead a healthy lifestyle. The use of modern information technologies and multimedia tools in these sessions enhances student engagement and retention of information, thereby fostering a supportive environment that encourages the adoption of healthy habits [2].

3. Information and Educational Work:
Informative lectures, discussions, and thematic class hours focusing on health education are key in raising awareness about the dangers of smoking, alcohol, and drugs. These educational efforts contribute to a noticeable decrease in the prevalence of these harmful habits among students. Moreover, integrating modern technologies and multimedia tools in these activities makes the information more accessible and engaging for students [3].

4. Practical Translation Classes:
The role of teachers extends to the development of students' translation skills, particularly in the challenging domain of epic texts. Practical translation classes that include group work, analysis, and discussion of translations are highly effective in improving students' text analysis abilities and their understanding of linguistic and cultural nuances. These classes provide hands-on experience and foster a deeper appreciation for the complexities involved in translating epic literature [4, 5].

5. Project Work:
The implementation of translation projects and participation in competitions and conferences significantly motivate students and enhance their professional competencies. Such hands-on projects help students grasp the intricacies of translating epic texts and develop a strong sense of responsibility towards both the original text and the target audience. These experiences are invaluable in preparing students for professional translation work [6, 7].

Teachers' influence extends beyond the classroom, serving as role models and mentors who guide students in their overall development. They help students build not only academic skills but also life skills that are crucial for their future success. By integrating health and educational tasks, teachers can significantly enhance the professional training of future translators, making them more well-rounded and capable individuals.

Further research is needed to explore the long-term impacts of these educational strategies on students' health and professional skills. Longitudinal studies could provide valuable insights into how early interventions in health education and translation training influence students' career trajectories and personal well-being. Additionally, identifying and testing new methods for supporting students in their journey towards becoming skilled and healthy professionals is crucial. Future studies should also consider the role of technological advancements and their integration into educational practices to further enhance the effectiveness of these strategies.

In conclusion, the holistic approach adopted by teachers in promoting healthy habits and developing translation skills is essential for the comprehensive development of students. By continuing to innovate and adapt educational practices, teachers can ensure that they meet the evolving needs of their students and prepare them for the challenges of the future.

References