

A Healthy Generation Is A Healthy Nation

Akbarov Nurislom Akhtamjon ugli

2nd year student of the Faculty of Industrial Pharmacy, Tashkent Pharmaceutical Institute

Email: spacademy01@gmail.com

Abstract: *This article provides information about the work being done in society to bring up a healthy generation and a healthy nation, as well as the healthy upbringing of children.*

Keywords: children's rights, healthy child, health care, healthy life, gene pool, Healthy Generation Foundation.

Introduction

As important as the education of the young people who are the builders and creators of the future is their education. Protecting them from the vices that the nation does not choose is a requirement of the times.

Uzbekistan has a strong legal framework to ensure and protect the rights of children, including the right to a prosperous and healthy life. The UN Convention on the Rights of the Child is one of the first international instruments ratified by our country. During the years of independence, 14 laws in this area have been adopted, including the Law on Guarantees of the Rights of the Child of January 7, 2008, a number of decrees and resolutions of the President, and more than a hundred other normative legal acts.

A number of government programs are being implemented to create all the necessary conditions for the birth and development of healthy children. Effective measures are being taken to improve the quality of reproductive health, improve the protection of motherhood and childhood, and strengthen the family. In our country, important work is being done for children to be born and grow up healthy, to take their rightful place in society, to take an active part in the ongoing large-scale reforms in all spheres of life. As part of the radical reform of the health care system, a national model of maternal and child health protection has been created, which is recognized by the international community as a model for other countries. In recent years, taking care of people and their health in our country has become a constant task of public policy, and the philosophy of a healthy lifestyle among the population. The drive to form has been revived, albeit slightly. Today, the issue of a healthy lifestyle is being addressed at the level of state policy. A number of sports competitions aimed at educating a harmoniously developed generation.

The construction of sports facilities, spiritual and educational activities, the implementation of various health programs are the brightest expression of our thoughts. Raising a comprehensively developed person - a healthy generation - is the most important basis for building the rule of law and civil society in our country. Really perfect can be a truly active citizen of a democratically developed state. "When we talk about a healthy generation, I mean, first of all, not only physically, but also mentally, mentally healthy, firm," he said. I mean people who are strong-willed, well-educated, spiritually mature, courageous and selfless, who love their country with all their heart," he said.

Main part

Today, many countries are developing their own health care reform strategies, taking into account the model created in Uzbekistan. The fact that Uzbekistan is among the top ten countries in the world in terms of child health care is another evidence of the great work being done in our country in this area.

Today, women and children in the most remote areas also receive qualified medical care. About 3,200 rural medical centers equipped with modern equipment have been set up. A completely new system of free emergency medical care guaranteed by the state has been established and is working effectively. Maternity wards and pediatric facilities are based on advanced diagnostic, prophylactic and treatment technologies that meet WHO standards.

It should be noted that in today's era of globalization, in the midst of ideological struggle in the world, we must always be vigilant, sensitive and spiritually awake, create an atmosphere of interethnic harmony, mutual love and solidarity in our country, which is our greatest asset. We need to understand the meaning of the work we are doing to preserve and strengthen it like the apple of an eye.

It is important to educate the younger generation in the spirit of patriotism and nationalism. This requires a greater focus on education and upbringing in the family and in schools.

President Shavkat Mirziyoyev has signed a number of laws, decrees, resolutions and orders aimed at solving this problem. They serve to develop a harmoniously developed generation in our country, which is spiritually mature, has a deep outlook, independent thinking, strong faith, political and spiritual level that fully meets the requirements of modern times.

The essence of man is manifested in the connection of material and spiritual. Every person, every social group or class, every people, nation and region is created by its own nature. After all, a rational, concrete approach to the issues of spirituality and its understanding is important in opening up new ways of educating a perfect person. According to Bedil, if the architect does not lay the first brick correctly, even if the top of the building hits the stars, it will remain crooked. Therefore, a person's place in society is determined not by his material wealth, but by his high spiritual image. Therefore, spirituality is a bridge that connects ancestors to generations, history to the present, and the present to the future. It is a set of all the unique qualities, values and traditions inherited from our ancestors, as well as the historical and social experience and all the views they have accumulated.

Thanks to independence and the just policy of the President of the Republic of Uzbekistan Shavkat Mirziyoyev, physical culture and sports, which are a means of forming the gene pool of our nation and educating a harmoniously developed generation, are increasingly becoming a "strategic tool" of national ideology. Recently, on August 10, 2017, the President of the Republic of Uzbekistan signed a resolution "On the wide involvement of Uzbek athletes in public and sports activities and encouragement of athletes and their coaches, who have achieved high results in prestigious international sports competitions." It contributes to the development of bread and physical health. It is known that spiritual, cultural, spiritual and moral qualities and human values begin to take shape, first of all, in childhood. From an early age, children try to learn from the behavior, manners, attitudes, family customs, rituals, customs and traditions of their parents, grandparents and other family members. . The only source of spirituality for a harmoniously developed generation is upbringing. The source of enlightenment and knowledge is education.

Therefore, it is more appropriate to say "education and training" rather than "education and upbringing". Art plays an important role in educating a person to be harmonious and healthy. Therefore, as the President noted, in addition to mastering the latest achievements in the field of information and communication, it is important to increase the interest of young people in reading, to make them friends with books, to further increase the reading level of the population. you will need to pay attention. To do this, it is important, first of all, to place the best examples of our national and world literature on social networks and pay special attention to their widespread promotion. The Decree of the President of the Republic of Uzbekistan Shavkat Mirziyoyev dated January 12, 2017 "On the establishment of the Commission on the development of the system of printing and distribution of book products, promotion and promotion of reading and reading culture" raised his place and role in his spiritual life to a new level. Due to the establishment of a network of screening centers in all regions of the country, the birth rate of children with inherited diseases and birth defects has significantly decreased. The network of perinatal centers, with the help of new medical methods, provides assistance in the healthy birth of children, even in the most difficult cases. All medical institutions are staffed with highly qualified personnel trained in accordance with international standards. Every year, women and children of childbearing age are screened.

Programs to prevent vitamin and micronutrient deficiencies, especially flour saturation and salt memorization, have been successful. All children under the age of two are vaccinated. As a result of these measures, the incidence rate of women and children and the population of our country in general has significantly decreased. In accordance with the decision of the Cabinet of Ministers of the Republic of Uzbekistan dated February 22, 1996, the Healthy Generation Foundation established a unique system of medical and social care. This task is performed by specialists of mobile brigades formed in each region of the country. They study the socio-economic conditions of families, their psychological environment and the health of family members. Since the inception of this patronage system, more than 3 million people, mostly women and children, mostly living in remote areas, have been medically examined and rehabilitated using modern diagnostic and treatment methods. Targeted social assistance was provided to families in need.

At the same time, the medical and social patronage brigades carry out a wide range of sanitary and educational work aimed at promoting a healthy lifestyle in the family and improving the medical culture of the population. For this purpose, meetings and roundtables with the participation of experts are organized in communities and educational institutions. With the help of foreign partners, the Foundation has established free and fast treatment of children with congenital diseases and developmental disabilities in the best clinics in our country, Austria, Germany and South Korea. Undoubtedly, the best way to maintain a healthy lifestyle is to develop physical culture and sports. Therefore, the involvement of women and children, especially girls in physical culture and sports, plays an important role in the activities of the foundation. There are various competitions in this sport, such as tennis and table tennis, rhythmic gymnastics, synchronized swimming, badminton, volleyball. The development of children's creative potential also plays an important role in the upbringing of a harmoniously developed generation. To this end, annual national and regional competitions for young musicians, singers, dancers and artists are held.

Conclusion

These good deeds carried out by the Fund in cooperation with state and public structures of the country, international partners, first of all, in order to achieve long-term results - to preserve and improve the nation's gene pool, increase life expectancy and quality of life. It is aimed at creating conditions for growth and development.

References:

1. Islam Karimov. High spirituality is an invincible force. –T .: Manaviyat Publishing House, 2013
2. Abdulla Avloni. Selected works. 2 volumes. Volume 2, –T .: Manaviyat Publishing House, 2006
3. www.lex.uz.