



The Role of Women and a Healthy Lifestyle in the Creation of the New Uzbekistan

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Annotation: In this article, it is emphasized that the importance of women's potential, knowledge, skills and qualifications plays a very important role in building a new Uzbekistan. If we take a closer look at the essence of the phrase "healthy body-healthy mind", if our women do sports, a healthy generation will be created from them.

Key words: knowledge, skills, sport, healthy lifestyle, mature generation.

Law on women. There are many opportunities created for women in this law. For example, if girls are admitted to graduate studies on the basis of a fee-contract, the fees will be covered by the state budget. In addition, the "Business Women" program was adopted for 2022-2024. Entrepreneurship courses were organized for women and preferential loans were given. It was emphasized that the head of our state will create jobs in many fields in order to ensure the employment of needy women and provide them with all-round support.

In this regard, the President proposed to organize a movement of intelligent women from respectable, attentive, educated and comprehensively broad-minded women with a broad worldview. So, women's finding their place in society plays an important role. First of all, the attitude of parents plays a big role, and secondly, it is important to include them in higher education and prepare knowledgeable mature personnel. - conditions should be created. Female students with disabilities or children face many inconveniences and problems during their studies. No conditions have been made for students with children in higher education institutions. In developed countries, special classrooms have been established for students with children. is transmitted and shown on special screens in this room. Under these conditions, the young mother participates in classes fully and comfortably. These created conditions prevent mature personnel from leaving the study process due to existing discomfort and problems in the family or during the upbringing of young children. It is very important to create wide opportunities for women and girls both in education and in other fields. Girls' education plays an important role in bringing up their future children well and finding their place in society. In our country, women should always be respected. The upbringing of future generations and the development of mature adults depends on the knowledge, skills and standards of our virtuous and honorable mothers.

One of the areas that we should emphasize is sports. Many areas of sports are on the rise. We young people must be mature in all aspects. No matter what field the youth of Uzbekistan is in, we will raise the flag of our country high in the world. For example, this year, our youth introduced Uzbekistan to the world in various fields of sports, such as chess, boxing and many other fields.



That is why school gymnasiums should be fully equipped. We should organize more sports competitions to interest the students and bring out as many undiscovered talented young people to the world arena. young men and women will grow up. The future generation will grow up to be strong men and women who will serve for the protection of the homeland and the peace of the country.

Constitution of the Republic of Uzbekistan. Decisions on the state youth policy "On protection of women and girls from harassment and violence, guarantees of equal rights and opportunities for women and men" were adopted. It is considered as an integral part of human rights. It is also based on the principle of human dignity, and a number of measures are being taken to support women in every way. aimed at increasing the socio-economic and political activity of women.

From April 1, 2022, a number of activities are being carried out to provide housing to women who need to improve housing conditions. Also, assistance is being provided to women included in the "Women's Register", "Youth Register", "Iron Register". If so, their contracts are awarded on the basis of preferential loans from the state budget. All opportunities for women's education have been created. Also, raising their place in life, in the family, in front of the country and raising them to become excellent specialists and scientists in every way is one of the priority tasks. It is planned to ensure the employment of women and girls, support their entrepreneurship and provide preferential loans. Strengthening the health of women and taking care of their health should be considered as the most important task. Because when women are healthy, healthy children are born. A healthy mother gives birth to a healthy child. Women also play an important role in the family. First of all, they should educate their children well and bring them up as good people for the country. It is necessary to explain more broadly to our young girls that the family is the wealth that must be valued the most to ensure the strength of the family and to take care of the family. A system has been established for women and girls to go abroad to improve their qualifications. Many of our young people are studying and improving their knowledge abroad. They are doing their best for the development of our country. The wife puts the health of girls in the first place. Great attention should also be paid to sending our mothers and grandmothers to rest places and restoring their health. We should establish libraries in the neighborhoods. It will certainly be beneficial if we create more opportunities for our women and girls to read books in their free time. The more books they read, the more educated their thinking will be, and their views on the world will expand. Everyone should find their place in society, no matter who they are. The wife is the face of the girls' family, neighborhood, nation, country and state. The state respects them as our women respect our daughters in their families.

Any state and society sees its future development in the image of young people who are entering a big life with a world of dreams. The realization of these noble goals, of course, depends on education and upbringing in the family. As the first educator and mentor of children in this family, women should have intellectual potential and a broad world view. Because the people who provide the future of the country are mothers. Our sages also said that "women can be beautiful and intelligent, but they must be intelligent and educated."

List of used literature

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