

UDK 614

A HEALTHY AND DEVELOPED GENERATION IS OUR FUTURE

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Annotation: *The solution to the problem of a healthy generation depends, first of all, on the health of the parents, their blood, body and soul, the family's lifestyle, the environment, the couple's harmony, mutual understanding and respect, as well as financial support. Therefore, in recent years, attention has been paid to these issues, especially to support young families.*

Keywords and phrases: *harmoniously developed generation, fund, Year of Family, Year of Women, State program, puberty, pregnancy, vaccination.*

“From the first years of our independence, we have made the upbringing of a healthy generation a top priority. We have raised the issue of educating a harmoniously developed generation to the level of state policy,” said the first President Islam Karimov.

It really happened. This is evidenced by the fact that the first order of our independent state was named "For Healthy Generation", a non-governmental fund "For Healthy Generation" was created, government decrees were dedicated to the protection of motherhood and childhood, youth health and upbringing, healthy generation. The future of a healthy and harmoniously developed generation is bright, and the future is great. Our first head of state also wished our independent Uzbekistan a place, position and potential in the world community, to be among the developed countries, to grow in strength and to become a truly great state. This was the reason why they repeatedly emphasized that they were ready to create whatever they needed to achieve this goal, dreaming of having the potential to create and protect themselves with their own hands.

It is no coincidence that the Year of the Family, the Year of Women, the Year of Healthy Generation and, finally, the Year of Mothers and Children have been proclaimed. adulthood.

We know that the solution to the problem of a healthy generation depends first of all on the health of the parents, their blood, body and soul, family life, environment, harmony of the couple, mutual understanding and respect, as well as financial support. Therefore, in recent years, attention has been paid to these issues, especially to support young families.

In the Year of the Family, the Year of Women, women's health, material and moral support of pregnant mothers, low-income and young families, the growth of children, regular medical supervision, quality organization of preventive vaccinations against various infectious and seasonal diseases extensive attention was paid to the issues.

In the State Program "Healthy Generation", the first President analyzed the development of a healthy generation, protection of motherhood and childhood in six priority areas:

- First of all, it was noted that it is necessary to psychologically, physically and medically prepare our underage girls for family life at school age. For this purpose, the first direction is to conduct classes in schools on the basis of special manuals.

- The second direction is to promote the concept of a healthy family among young people, a comprehensive study of their health, medical and physical compatibility with each other, to give the right advice, to achieve compliance with these requirements.

- The third direction is the importance of monitoring, strengthening and maintaining maternal and child health during pregnancy and childbirth, the establishment of appropriate medical services in the country, the establishment and improvement of regional branches of obstetrics and gynecology institutes in the region.

- In the fourth direction, taking into account children under one year of age, medical supervision, observation by a local doctor and nurse, proper vaccination against infectious diseases, providing necessary medical care not only to infants but also mothers, at this stage not only medical staff but also other responsible agencies were also noted to be responsible.

- The fifth direction is a very important stage in the proper development, physical and mental health of children in the age group of 5-6 years. Therefore, it is important to strengthen the health of children, to take care of their upbringing, to control their every move, to give the right advice, to think about the environment, to teach them to think and to absorb life experiences according to age, mental ability, interests and aspirations. mothers, caregivers, and medical staff were required to have patience and experience.

- The sixth direction is to strengthen the state protection of children with disabilities, who are very sensitive, important and need all attention, to create conditions for them to become full members of society, to lift their spirits.

In these areas, the stages of maturity of a healthy generation are reflected. The point is to take the right approach to fulfilling each item of the program, the requirements of the directions. This program is radically different from other programs, it is absolutely not enough to be satisfied with the work done on some seasonal, some events. The program sets out long-term plans, not just this year. At the heart of it is our nation, our independence, our state. True, a healthy child is born into a healthy family, from a healthy parent. However, public policy places a special responsibility on health workers to address this issue, which has become a vital problem.

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