



SOCIAL AND PEDAGOGICAL NEED FOR ESTABLISHMENT OF KNOWLEDGE CIRCUITS TO ENSURE THE PURITY OF THE NATION'S GENE FUND

Mamadaliyev Abduvoxid Maxsitalievich

He is an independent researcher at the Kokand State Pedagogical Institute

Annotation

The article analyzes the socio-pedagogical necessity of organizing extracurricular activities in higher education institutions to develop knowledge among students to ensure the purity of the nation's gene pool.

Keywords: health, healthy lifestyle, nature, society, education, student, nation, gene pool, nation gene pool, pedagogy, circle.

In modern society, the attitude to health, the preservation of the purity of the nation's gene pool has begun to change. These are directly related to proper nutrition, non-smoking, abstinence from alcohol and drugs, and regular exercise. Many understand that health, the purity of the nation's gene pool allows the implementation of social plans, marriage, the birth of healthy children. For everyone, health, the purity of the nation's gene pool is important at any age. In order to maintain and strengthen the health and purity of the nation's gene pool, it is necessary to lead a healthy lifestyle. Health is a normal psychosomatic state that ensures the full performance of labor, social and biological functions, reflecting the normal physical, mental and social well-being of a person.

Human health is, first of all, the development of his mental and physiological qualities, the maintenance of an optimal level of work ability and social activity for the maximum duration of life. According to many scientists, the functional capacity of the human body and its resistance to adverse factors from the external environment change throughout life, because health care is an exciting process that improves depending on age, gender, occupation, living environment. Human life and health are the greatest social wealth. This raises the issue of forming a healthy lifestyle in front of the family, school and other institutions that deal with human development and maturity - [1, 2]. The health of a nation is also naturally addressed through a healthy lifestyle. Health is a balanced unit of biological, mental, physical state and labor activity of the human body. Good health is happiness for everyone. Its labor productivity is a necessary condition for the development of the country's economic power and the well-being of the people. A conscious and responsible approach to health should be the norm of life and morality of society and all its members. To maintain and strengthen health, first of all, a person needs to know the laws of normal functioning, growth, development and reproduction of all tissues and organs of the body. It is also necessary to know and create the conditions necessary for the preservation and further improvement of these biological features inherent in man, as in all living things - [4].

A healthy lifestyle is an individual system of human behavior that provides physical, mental, as well as social well-being in a real environment (natural, man-made, social) and active longevity. A healthy lifestyle creates the best conditions for the normal development of physiological and mental processes, which reduces the likelihood of various diseases, increases life expectancy. A healthy lifestyle helps us



achieve our goals and objectives, successfully implement our plans, and cope with challenges. Health, which is maintained and strengthened by a person, allows him to live a long and happy life. Health is an invaluable asset of everyone and society as a whole.

Maintaining the purity of the nation's gene pool should begin with the birth of a child. A healthy lifestyle is a factor that helps to be healthy, as well as to prevent various diseases and accidents, and it is necessary to strictly adhere to it from adolescence. "Save health from youth!" - this proverb has a deep meaning. Factors that have a positive impact on human health are: strict adherence to a daily routine, proper nutrition, exercise, sports, good relationships with adults, parents and friends. Health risk factors include: sedentary lifestyle, irregular diet, smoking, alcohol, drug and other toxic substances, emotional and psychological stress at home, at school, with friends, as well as environmental risk factors - [5, 6, 7].

By following simple rules, leading a healthy lifestyle, reading health articles and following their recommendations, we can avoid a number of serious health problems, even diseases such as cancer, and simply prolong our lives by several years - [3].

There is no one who does not want to be healthy. The German philosopher Arthur Schopenhauer said, "Nine-tenths of our happiness is based on this health. With it everything becomes a source of pleasure, but without it absolutely no external benefit brings pleasure, even subjective benefit: the qualities of mind, spirit, temperament is weakened and disappear. It is no coincidence that we first ask each other about health and wish it to each other: this is truly a basic condition of human happiness. What is a healthy and wholesome lifestyle? The Charter of the World Health Organization states that health is "not only the absence of disease and physical defects, but also a state of physical, mental, spiritual and social well-being." Unfortunately, in the rhythm of modern life, people cannot take the time to focus on their health. So we all need to have a good idea of how to live and behave in society.

One of the key factors in health is that the importance of an individual lifestyle depends in many ways on the person himself and his behavior.

In the upbringing of an energetic young generation striving to maintain the purity of the nation's gene pool, full adherence to the rules of proper nutrition, avoidance of bad habits, the main components of health: spiritual, physical condition, the dominant factor - knowledge and consideration of individual lifestyle, healthy lifestyle, health promotion to carry out propaganda work among adolescents on the need to remember that man is in his own hands, to strive to be physically and spiritually healthy. To form the concept of a healthy lifestyle in the minds of adolescents, to promote a healthy lifestyle, to explain the rules of a healthy lifestyle in schools, to develop personal qualities necessary for a healthy lifestyle.

Establishment of knowledge development clubs in higher education institutions to ensure the purity of the nation's gene pool, as well as during the course students will gain knowledge about healthy lifestyles and rules, exercise, and disease prevention, and practice this knowledge in higher education institutions, districts. and at regional events, at various meetings, they learn to share the knowledge they have learned in these classes and in the circle with the rest of the community, and encourage them to lead healthy lifestyles as well. Students who have seen these results also have a greater desire to lead



a healthy lifestyle, and they also have a desire to play sports and lead a healthy lifestyle. Conducting these lessons in a playful way is another manifestation of the student's interest in such lessons, where students think about various projects, innovations and ideas that promote the development of this field in the promotion of a healthy lifestyle based on their professional activities - [9]. This role-playing is one of the typical working games and is an interactive way of self-management. In this case, one of the students is selected as a virtual teacher and the student is notified the day before the practical training. The selected virtual teacher will prepare a variety of interactive games to engage students on the topic - [10]. Conducting the course in this way leads to the formation of skills and knowledge, especially in the future students, to master the subject, as well as to form a healthy lifestyle - [8].

In short, ensuring the purity of the nation's gene pool consists not only of harmful habits, labor activity and rest regime, nutrition system, various hardening exercises; rather, it incorporates a system of attitudes toward oneself, another person, life, as well as the meaning of existence, life goals and values, and a number of other concepts. The skillful use of all kinds of factors that affect the various components of health (physical, mental, social, spiritual) includes healing, restoring, avoiding harm to nature.

Ensuring the purity of a nation's gene pool depends in many ways on students' worldviews, social and moral experiences. Social norms, the values of a healthy lifestyle, are perceived by them as important personally, but do not always coincide with the values developed by the public consciousness. Analyzing the above, in promoting a healthy lifestyle, organizing healthy lifestyle classes and clubs will help students gain a deeper understanding of the importance of a healthy lifestyle for their health and future, as well as promote it.

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