



## **PROPAGANDA OF HEALTHY LIGHTS AMONG YOUTH**

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<b>ABSTRACT</b>	<b>KEY WORDS</b>
in recent years, attention has been paid to the healthy lifestyle of the younger generation. In this paper, the project "Healthy nation - the strength of the state", developed in the framework of the grant of the Termez Office for the promotion of components of a healthy lifestyle in educational institutions is presented. Within the framework of the project, the stages of introducing the foundations of a healthy lifestyle in higher and secondary educational institutions were developed. The project implementation was successful, goals and tasks were fulfilled, problems were identified.	healthy way of life (HLS), the promotion of HLS, educational institutions, the younger generation.

Children's literature is a branch of artistic creation devoted to children and adolescents. In this case, most of the riddles, quick sayings, narratives, legends, fairy tales, and stories were created directly for children, and they can be said to be works that children love to read. Each written work is considered one of the most important steps in children's literature to enliven both real and imaginary scenes that match the age and imagination of the young reader through language and images that are understandable to children.

In world literature, including one of the famous exponents of modern English children's literature, Michael Morpurgo, who has a magical storytelling ability, often focuses on solving social issues for children. Michael Morpurgo, who is still living with us, has published over 100 children's stories, short

stories, and several of his works have been adapted into plays and children's films. He is also known for his opera scripts and librettos.

War Horse (1982), which introduced Michael Morpurgo as a writer, won the Whitbread Children's Award in 1982 and achieved great success on stage and screen. Based on the 1985 work "Why the Whales Came" (Why the Whales Came), a film was made and the main role of the film was played by Helen Mirren. "King of the Cloud Forests" (King of the Cloud Forests, 1988) won the Cercle Cercle D'Or Prix Sorciere (France). My Friend Walter (1988) is made for TV. Wreck of the Zanzibar, published in 1995, won the Whitbread Children's Book Award. Butterfly Lion (1996), the author's story of a young boy who uses his misadventures at boarding school to save an orphaned lion cub from the African bush, won the 1996 Nestle Smarties (Gold Award) Book Award.

Private Peaceful (2003) tells the story of two brothers, Charlie and Tommo, during the First World War. this book won the 2005 Red House Children's Book Award and the Blue Book of the Year Award, and was shortlisted for the 2004 Whitbread Children's Book Award.

Michael Morpurgo was awarded his third Children's Laureate in 2003. He first worked with poet Ted Hughes and helped shape the original form of children's literature. The laureates were honored for their contribution to children's literature and for highlighting the importance of books in children's lives. Morpurgo firmly believes that "literature comes before literacy" and wants all children to "...discover and rediscover the mysterious pleasure of reading and begin to find their own voice in their writing..." (literature comes before literacy'....'...to discover and rediscover the secret pleasure that is reading, and to begin to find their voice in their own writing')

In 2006, M. Morpurgo was awarded the Whitbread Prize for services to literature. His next publications include Half Man (2014), Snow in the Snow (2016) and Flamingo Boy (2018).

Michael Morpurgo is the author of more than a hundred books, the favorite writer of young people today. Unlike most writers, he rarely reflects on modern family problems, such as divorce, parental orphanhood, or urban social problems. Instead, many of his books depict historical and rural settings, and he uses his talent to tell magical stories to explore timeless values. As Professor Jean Webb puts it: 'of the everyday' (Inis, Winter, 2005) 'stocism, courage, trust ... humanitarianism and listening to each other ... [These values] include moral wisdom, which transcends everyday necessity' (stoicism, courage, trust... an humanitarian approach and listening to each other ... [These values] contain an ethical wisdom which transcends the immediacy)

Through Morpurgo's well-rounded and believable children's characters, today's young readers can easily understand the values and relevance of his works for modern society.

Common themes in Morpurgo's work include nature and environmental issues, community and interdependence, and relationships between the elderly and the young. He often describes people coming together and helping each other during times of crisis, such as war and natural disasters. For example, The Wreck of Zanzibar (1995) describes the efforts of a small community in the Isles of Scilly to survive. It tells the story of how Laura and her brother helped their family and community to survive.

Morpurgo is an author who inspires children to understand their connection with mother nature and in turn encourages them to take responsibility for their environment. This is the main part of his agricultural philanthropy, and, as he says, such ideas are often expressed in his novels.

"Usually an old man (I don't know why) is simple, close to nature, lives in harmony with nature, gives back more than he receives from nature, and protects the surrounding environment as if protecting it. It seems simple to me," says the writer. (The Ecologist, February 2006).

Morpurgo's book *Kensuke's Kingdom*, republished by FSC (Forest Stewardship Council) in 1999, tells the story of a young boy named Michael who is stranded on his parents' yacht and learns how to survive on the mysterious Kensuke Island. Michael leaves his parents' yacht for a trip to the Pacific Ocean, and the next morning he finds himself on an island. There he meets a Japanese man who lives alone and starts living with him. Their relationship grows closer. As a result, Michael experiences a lifestyle in harmony with nature. Eventually, Michael must return home, and Kensuke remains on the island together. Reviewer Rachel Redford particularly admires 'the metamorphosis of Kensuke from an angry wild man of the forest to a sensitive father figure' (Reviewer Rachel Redford particularly admires 'the metamorphosis of Kensuke from an angry wild man of the forest to a sensitive father-figure' (The Observer, 22 July 2001). This book won the Children's Book Award in 2000

Thus, *The Kingdom of Kensuke* combines its story of mother nature with the story of a touching relationship between a wise old man and a young boy. In many of Morpurgo's novels, there is a special, intimate relationship between the old and the young: "Why the Whales Came" (1985), Billy the old pensioner in *Billy the Kid* (2000), the grandmother in *The Amazing Story of Adolphus Tips* (2005). "Granny May in *The Wreck of the Zanzibar*". In these works, older characters often feel sensitive and empathetic towards children, because their relationship is not subject to the inevitable conflict that exists between parent and child.

The relationship between values and modern society in Morpurgo's work is shown in different ways. Many of his novels rework ancient myths and legends: for example, *Arthur, High King of Britain* (1994), *Robin of Sherwood* (1996), and *The Orchard Book of Aesop's Fables* (2004). Morpurgo explains why: "Stories, no matter how wonderful and multifaceted their appeal, simply die before they are told. Every storyteller must reinterpret them so they can be enjoyed by a new audience. The ancestors tell the same thing with family stories, just as without the old fairy tales, we process both mentally and emotionally." (The Guardian, January 14, 2006)

Thus, for Morpurgo, grandparents' fairy tales provide an emotional and cultural link to the next generation, through which values, beliefs and experiences are passed on and given new life by the next generation. Individuals and individual events are shown to be valuable not only for their own sake, but also as a wide range of interconnectedness.

Morpurgo continues to write meaningful and interesting stories. In the following years, various animal stories for young children were published: *Animal Tales: "Three Stories in One"* (2008), *"Wild at Heart: Animal Stories"* (2008) and *"This Morning I Met a Whale"* (2008). . Some of her novels for older children feature animals, notably *Caspar* (2008), a world-traveling cat who survives the sinking of the Titanic, and *Born to Run* (2007), the story of a greyhound that passes from one owner to another and reminiscent of *Black Beauty* as she survives a series of adventures that include traumatic injuries. Despite all the suffering he goes through, the dog always meets kind people, and *Run to Run* is a poignant depiction of the relationship between humans and animals, while also providing ample insight into the ethics of greyhound racing. Morpurgo,

In conclusion, it can be noted that Michael Morpurgo, through his bright images in almost all his works, the relationship between parents and children, values, dignity, love and care for mother nature, as always, sensitively and skillfully illuminates social and moral issues. Gives

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The relevance of a healthy lifestyle is caused by an increase and a change in the nature of the load on the human body due to the complication of social life, an increase in risks of a man-made, environmental, psychological, political and military nature, provoking negative changes in the state of health [1, p. five]. In the context of the deterioration of the health of young people, the spread of bad habits among students, such as smoking, drunkenness, the use of toxic and narcotic substances, the problem of a healthy lifestyle is of particular relevance. The education system bears its share of responsibility for the current situation. For a number of years, the authorities of the city of Termez have been paying great attention to the issues of improving the health of the population. In recent years, there have also been positive developments: firstly, a greater number of young people began to engage in different sections, sports clubs, sports are actively developing in the adjacent territories.

Events dedicated to the prevention of diseases, the rejection of bad habits, proper nutrition, have gained wide popularity not only among young people, but also among the older generation of citizens. To support the mass enthusiasm for a healthy lifestyle, the mayor's office of the city of Termez announced a grant and allocated funds for the implementation of a modular project to promote a healthy lifestyle in educational institutions. The implementation of the project, which was called "Healthy Nation - the Strength of the State", was launched in 2017 by the Surkhandarya Regional Youth Public Organization "Student Sports Club "Polytechnic", which has been operating as a socially oriented non-profit organization for many years. Together with the health department and leading medical workers, the stages of introducing the basics of a healthy lifestyle in higher and secondary educational institutions in Termez were developed.

For the training of teachers (listeners) of universities and colleges, teachers of additional education, teachers-organizers at the faculty of retraining and advanced training of the Pacific State University, a work program was drawn up on the discipline "Healthy lifestyle" [2]. The discipline is designed for 34 academic hours, including 16 hours of lectures, 8 hours of practical exercises and 10 hours of independent work of students. The lecture material outlined the main theoretical issues of a healthy lifestyle. At the practical classes, the listeners had to discuss a number of important problems associated with health disorders, as well as gain practical skills in conducting health training, hygienic gymnastics, and physical education breaks.

In preparation for the practical classes, the listeners had to study the theoretical foundations of a particular topic of the course, using the recommended literature, make appropriate sketches in workbooks; if necessary, the listener could seek advice from the teacher. Self-training hours were used to study teaching aids, develop practical skills, consult, and also watch educational videos.

Within the framework of the project, various activities were planned to educate, form and strengthen the knowledge of students on the basics of health saving:

- the introduction of physical culture and sports into educational and labor activities, life and recreation, into the social life of young people;
- introduction of new forms and methods of physical education, best practices and achievements of science;
- organization and holding of competitions, sports days, festivals, camps, educational, educational events and other cultural events;
- creation of the necessary organizational and methodological conditions for practicing various types of physical culture and sports in accordance with established traditions, the profile of training specialists, and the interests of members of the staff of an educational institution;
- improvement of the material and technical, educational and training, sports and recreational and rehabilitation infrastructure of the organization;
- holding exhibitions, lectures, conferences, meetings, round tables, symposiums and other similar events;
- production of films, television programs, audiovisual works and other activities in the field of radio broadcasting and television on the subject of the formation of a healthy lifestyle among students.

Summing up, it is worth saying that the goals and objectives of the project "Healthy Nation - the Strength of the State" are fully implemented, the implementation was successful and found a positive response among the student youth, teachers and employees of universities in Termez. Along with the positive aspects, a number of difficulties were identified in the implementation of healthy lifestyle activities in educational institutions:

- the lack of a full scale (on a permanent basis) implementation at the state level of promoting healthy lifestyles among young people;
- Lack of experience in participation and organization of events to promote a healthy lifestyle among young people.
- the lack of an active life position and elementary skills for maintaining health among a large part of the population.
- false ideas about the unaesthetic nature of industrial gymnastics and other health-saving procedures, embarrassment when participating in them;
- the lack of a well-thought-out strategy for maintaining health among the leadership of educational institutions, incl. physical activity of students and their own subordinates.
- lack of clear ideas about the relationship between educational, professional loads and health status.

Lack of a logical connection between personal production efficiency and well-being. The list of problems can be listed endlessly, but we can make a general conclusion that the introduction of healthy lifestyle programs in educational institutions requires the initiators not only to implement activities, but also to motivate students and staff to participate in them. The project developed by us for the introduction of healthy lifestyle technologies "Healthy Nation - the Power of the State" is not universal for all institutions, however, we can consider it basic when developing a plan for the implementation of healthy lifestyle activities.

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