

# Healthy and Stable, Intellectual Young People Are the Main Force in Building a New Uzbekistan

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## **Annotatsion:**

In this article, serious reforms are being implemented in New Uzbekistan so that every young man and woman can take a decent place in society and show their potential, as well as improving the legal framework aimed at fully ensuring the rights and interests of young people, improving their education, and the personnel training system. the opinion of the author about the wide-scale work being carried out to radically improve the quality of life and to decide on a healthy lifestyle for young people.

**Keywords:** New Uzbekistan, "Year of Youth", President, State program, intellectual development, intellectual generation, UN, Samarkand resolution, spirituality, patriotism.

Our rich national and religious traditions, our priceless values, which have been formed over the centuries, are increasing their place and importance as the intangible wealth of our people. However, in today's era of globalization, in a situation where the struggle to take over the culture, history and national consciousness of entire nations is intensifying, the task of preserving them as the apple of an eye and passing them on to future generations is becoming more urgent than ever. Considering that spiritual and moral education is the basis of high spirituality, and high spirituality is the basis of any state, it is not for nothing that the promotion of our national and religious values and the development of high spiritual and moral qualities in young people have been raised to the level of state policy in modern society. It will be known.

The process of information exchange, development of science and technology, which is happening all over the world, is inextricably linked with the development of a healthy lifestyle in independent Uzbekistan, and is of particular importance in the education of a healthy and well-rounded generation. It is difficult to know the changes in the consciousness and thinking of young people without humanizing this environment and conditions, without studying the physical and spiritual

needs of young people. Because a person's thinking is formed through his way of life and the common desire to live.

It is known that since the first years of our independence in Uzbekistan, the highest goal has been to support young people and create sufficient conditions for them. In this regard, we should also remember the efforts of our First President. In particular, the decision PQ-805 of the First President of the Republic of Uzbekistan dated February 29, 2008 on the State Program "Year of Youth" emphasized the importance of educating young people and preparing them to become mature specialists and competitive personnel in the future.

Within the framework of this program, significant work has been done to improve the legal framework aimed at ensuring the rights and interests of young people in our republic, to improve their education, to fundamentally increase the quality of the personnel training system, and to create a healthy lifestyle for young people.

The First President of the Republic of Uzbekistan, Islam Karimov, in his speech at the meeting devoted to the approval of the Healthy Generation Program (February 24, 2000), noted that "...in the years of independence, the children of Uzbekistan are changing in accordance with the times, worthy of our country and people. We are entering the 21st century. To the question of which country will be powerful and which nation will be strong in this century, the First President answered "...a country whose population is intellectually perfect, whose youth will grow up to be educated, honorable, and patriotic" [1:437]. Because at the core of all socio-political, economic and spiritual reforms of independent Uzbekistan is the task of educating a perfect person. From the 21st century, the development of humanity will be in the hands of intellectual development and intellectual generation. "In the new millennium, the fate of states and nations will be decided not by material wealth, but by intellectual, that is, spiritual and educational wealth" [1:438].

It was impossible to build a free, free and healthy way of life without deeply instilling such socio-spiritual and ethical duties and responsibilities into the minds of young people. Because, in order for each young generation to live in a social system with a bright future, it is necessary to first understand it ideologically, ideologically and aesthetically, educate their thinking in this spirit, and take steps on the path of spiritual advancement [2:131].

After gaining independence, the main task facing our young republic was to join the ranks of developed countries. This could not be achieved without physically, spiritually and morally healthy and free generations. This kind of spiritual freedom also required that it be perfected in terms of its essence. The modern youth of our independent country are inheritors of great spirituality and traditions of oriental perfection. In them, the formation and development of a healthy lifestyle based on the ideas of independence is of great importance in the concept of a perfect person.

We know that more than half of the population of our republic is made up of young people. At this point, it is necessary to acknowledge that great work is being done in our country so that every young man and woman can take a proper place in the society and show their potential. In particular, Youth Parliaments and Youth Affairs Agency are operating in Uzbekistan. The Samarkand Web Forum on Human Rights held on August 12-13, 2020, dedicated to the current issues of youth rights promotion, is extremely important as it aims to emphasize the importance of global cooperation to improve the lives of not only our country and region, but also the youth of the entire planet [3: 78].

The Samarkand resolution entitled "Youth-2020: global solidarity, sustainable development and human rights" was adopted at this international conference. In the document, among other things, it was noted that the rights of young people are rights that everyone needs to use, but some of them are deprived of such an opportunity due to their young age. In 2020, the Samarkand resolution was presented as an official document of the 74th session of the UN General Assembly. It is no coincidence that it was also distributed as an official document of the OSCE Permanent Council and

the Organization of Islamic Cooperation. Because the Samarkand resolution serves to comprehensively confirm the need to involve young people in all processes related to the development of modern countries [4].

According to the idea of the head of our country, Sh. M. Mirziyoyev, who stated that our youth is capable of serving the development of the Motherland and implementing the "Uzbekistan-2035" strategy, this programmatic document defined tasks for Uzbekistan to reach the ambitious goal of entering the ranks of the most advanced countries in the world. "As a first step, great attention is being paid to increasing exports and investments. I can boldly say that today we are on the threshold of the "Uzbek miracle". This is not only a dream, but a reality-axiom that does not require proof" [5]. A miracle is such a discovery-reality that its appearance in space and time affects the development of society, and even transforms it into a new self, it is a force capable of making revolutionary changes. Deep reforms being carried out in Uzbekistan are assessed by international experts as "a severe miracle". Independence was the eternal dream of the Uzbek people - it was achieved: this is the first, but the main miracle!

In fact, the demanding and innovative, astute and clever Shavkat Mirziyoyev, from September 8, 2016, a very original and far-seeing historical- started legal proceedings. From September 2016 to today in 2024, dozens and hundreds of innovative projects were implemented and investments were made, these are the products of the initiatives introduced by the President of Uzbekistan. Necessary conditions are being created in our country for ensuring the rights and interests of young people, for their education, work, and the realization of their knowledge and abilities. The announcement of 2021 as the "Year of Youth Support and Population Health Promotion" in Uzbekistan is another practical expression of this.

It is known that young people tend to think in a new way, boldly present new ideas and implement them, solve problems based on creative and non-standard approaches. Therefore, at present, we give priority to the creation of all conditions for representatives of the younger generation to acquire knowledge, to reveal their talents and potential in the fields of science, innovation, literature, art and sports, and for their active participation in the social and political life of our society." [6:51] says the Honorable President Sh.M. Mirziyoyev in his interview with the editor-in-chief of "Yangi Uzbekiston" newspaper. Continuing his remarks, the head of our state emphasizes that we have started great work in this direction.

In order to train competitive personnel with high knowledge and qualifications, the number of universities has increased to 141, branches of 26 foreign higher education institutions have been opened. However, in 2016, the number of universities in our republic was 77. In the next five years, the admission quota for higher education was increased 3 times, and this year 182,000 young people have the opportunity to become students. This means that the total coverage has reached 28 percent [6:52]. For comparison, 4 years ago this figure was only 9 percent. Within the framework of the "Five Important Initiatives" program and "Barkamol Avlod" centers, 36,000 additional clubs were organized this year, and about 874,000 children were involved in them. Also, about 100,000 art and sports inventories, computers, and about 600,000 books were delivered to educational institutions, libraries and educational centers.

Currently, the implementation of ideas and initiatives of young people in the field of entrepreneurship, providing them with a source of work and income is of great importance at the state level. Thanks to such attention, the number of entrepreneurs under the age of 30 has increased fivefold and exceeded 500,000 in the last four years, playing an important role in the development of this industry [6:54]. In the current year alone, 2 trillion 300 billion soums of preferential loans were allocated for the business projects of more than 92 thousand young people, which serves to further expand the ranks of such young people. We can cite many such facts and figures from our daily social and domestic life.

In order to improve the main directions of our country's development and to bring the ongoing large-scale reforms to the quality stage, a number of tasks regarding the support of young people were defined in the "Uzbekistan-2030" strategy adopted by the Decree of the President of the Republic of Uzbekistan No. PF-158 dated September 11, 2023. . Please note that in the "Uzbekistan-2030" strategy, in order to ensure that young people are engaged in modern professions, the goal is to establish 1 "Creative Park" in each region and attract at least 40,000 young people to them per year. It was not in vain, of course. Creatively thinking young people are always an important factor for society. Because such young people can show their ability to overcome the shortcomings based on today's reforms.

In short, Uzbekistan has proven that it has been following the absolutely correct, renewed strategic path for seven years. President Shavkat Mirziyoyev expressed great confidence in young people in particular: "Our youth are the main force that will play a decisive role in raising the great work we have started on building a new Uzbekistan to a new level," he encouraged thousands of sons and daughters of our country to do great things. In his speeches addressed to the youth, our President often uses the words justice, dedication and education. Of course, this is not a coincidence, because the future of our country depends on these factors in many ways. "Our main goal is to build a new Uzbekistan. But we understand very well that it cannot be built without young people", we are sure that his thoughts will really serve to increase the concern for the future and destiny of our country among millions of young people.

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