

# SCIENTIFIC AND CREATIVE RESEARCH OF YOUNG PEOPLE OF NEW UZBEKISTAN 2023



Madina Fayzullaeva  
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Scientific and creative research of young people  
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**Bobomullayeva Shahnoza Xaydarovna**

Russian teacher at school 304, Yangiheyat district,  
Tashkent city

**THE ROLE OF DIDACTIC GAMES IN TEACHING THE RUSSIAN  
LANGUAGE TO PRIMARY CLASS STUDENTS**

**Abstract:** This article reveals the role, types and structure of didactic games in the teaching of the Russian language in elementary grades, the most important issues of the content, methods, and innovative forms of teaching students in this subject.

**Key words:** method, didactics, game, interest, efficiency, object games, board-printed games, oral word games, mutual understanding, attitude.

The most important aspect of modern primary education and currently receiving attention is the non-traditional organization of lessons using interactive methods. Since the primary school period is considered as the period of building the foundation of knowledge for young souls, it is necessary to convey the subjects of the students, the future owners of our country, to the children in such a way that they will be kept in their memory for a lifetime and in the future they will use this knowledge in their daily life. can apply it in life. One of the subjects to be mastered during this period is the Russian language. The Russian language is one of the most developed, perfect and widespread world languages. In Uzbekistan, the Russian language has its historical roots and is still the source of new technologies, scientific and cultural information. Currently, Russian language teachers of national schools are actively looking for non-traditional approaches to teaching lessons and are learning new modern teaching methods.

The methodology of the Russian language is based on scientific and linguistic foundations. This means that the methodology of the Russian language uses the results of linguistic research in the field of vocabulary, phonetics, word formation and grammar. These studies help to determine the content of education, that is, the minimum amount of language events necessary for mastering in primary grades, the diversity of language events requires different teaching methods and methods depending on the material being studied. . That's why in the primary school there are sections of the methodology, such as the initial oral course, grammar teaching methods, reading methods, etc.

In addition, linguistic studies allow to determine the presence or difficulty of certain sounds, grammatical forms and syntactic constructions. Comparative typological analysis of Russian and native languages occupies a special place in the foundations of linguistics. The students' knowledge of their mother tongue based on the comparative typology of languages ensures conscious and effective teaching, increases the scientific-methodical level of teaching, and allows a better consideration of the psychological and didactic foundations of teaching the mother tongue. Psychological and pedagogical foundations play an important role in teaching students their initial understanding of the Russian language.

The primary education methodology is based on the psychological laws of mastering a foreign language other than the mother tongue. The teacher should also know the characteristics of developmental psychology. It should be remembered that teaching the Russian language in an elementary school where the language of instruction is not Russian is a complex issue that requires the development of completely new speech skills.

What should be paid attention to in order to organize an effective lesson? What are the means of educating children's spiritual need for knowledge, the desire to master it and improve it? In connection with the emergence of such questions, the concept of "non-traditional forms of education" appeared.

It is appropriate to use didactic games in the educational process to organize non-traditional lessons. Didactic games are a means of activating the cognitive and mental activity of students in Russian language classes. The best way to learn the material quickly and easily is to conduct didactic games in harmony with lessons. In this way, students' interest in educational activities will increase dramatically, the studied material will be more convenient for them, and their work ability will increase significantly. The importance of interesting didactic games is that they also help to relieve stress in children and create a positive emotional mood during the lesson.

On the one hand, the game itself is of special importance for the child's development. On the other hand, games and game techniques are an indispensable form of education for young schoolchildren. Non-traditional forms of lessons make educational activities more effective, they help to increase the intellectual activity of students and, as a result, increase the effectiveness of lessons.

It is necessary to organize the teaching of the Russian language in elementary school students using the following didactic principles:

- scientific character and openness of the studied material, student activity, practical orientation of teaching, connection of theory with practice;
- understanding of the good assimilation of the studied material, the connection of education with life.

It is impossible to reveal its whole essence from the beginning of studying a new phenomenon. During the learning process, each concept gradually deepens and expands. Convenience is understood for such activities, which are organized taking into account the level of preparation of students, their age and individual characteristics.

Tasks given to students should be understandable. In the games, the characteristic features of the child such as friendship, sensitivity, modesty, and honesty are revealed, which can serve as an example for others. An important feature

of didactic games is the presence of rules. In the game, there should be an organic connection between the following parts:

- the goal of the game determines the nature of the game actions.
- the rules of the game help to decide the actions of the game, the task and the implementation of the actions in the game.
- object games use certain items. Playing with them, children learn to compare, identify similarities and differences between objects.

Types of didactic game:

Board games are an interesting activity for children. They are of different types - "Парные картинки", "Лото", "Домино". In these games, the child's personal abilities, valuable qualities such as creative search in creating the desired image are formed. Word games are based on students' words and actions. With the help of word games, the desire to engage in mental work is brought up in children. All didactic games help solve one of the main tasks, that is, the development of children's speech. You can use silhouettes of pictures of clothes, fruits, vegetables, animals, birds, etc. to strengthen the learned lexical material. The teacher distributes them to the children. When receiving the drawing, the student says "спасибо", and the teacher replies "пожалуйста". Children take a picture, color it, tell about their drawing in sequence: For example: Это яблоко. Оно красное. Оно сладкое.

Choose the opposite word in brackets in each line.

Зима - .....(холод, весна, снег, лето)
Тихо - .....(темно, дети, громко)
Глубокий - .....(бездонный, мелкий)

Many activities can be done outdoors during the initial orals. For this, it is advisable to allocate a place with benches and tables in the school yard. It is advisable to study topics such as «Дом и двор», «В саду», «В парке» «Овощи и фрукты», «Игрушки» in the fresh air. Depending on the purpose of the lesson, at

the discretion of the teacher, the first part of the lesson (statement of the new topic) can be held in the classroom, and the second part (reinforcement and repetition) in the school yard.

In short, as a result of using interactive methods in Russian language classes, students learn to be present, their vocabulary increases, and their scientific and theoretical knowledge is further strengthened. A lesson organized on the basis of a game will certainly increase students' interest in the lesson, and interest will lead to aspiration and thorough study of knowledge.

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**Fayzullaeva Zilola Azamat kizi**

English teacher at school 304, Yangihayat district,  
Tashkent city

## **EFFECTIVE METHODS AND WAYS OF TEACHING ENGLISH IN PRIMARY CLASSES**

**Annotation:** In this article, various methods and ways of teaching English to the young generation from preschool education and elementary grades are considered. Teaching foreign languages to the young generation from their childhood has many advantages. One of the most important factors is that they love the language from childhood and arouse their interest in language learning.

**Key words:** secondary education schools, primary education, language skills, "Tree" method, "Fastest" method.

One of the most fundamental and positive changes in primary education is the decision of the First President of the Republic of Uzbekistan dated December 10, 2012 "On measures to further improve the system of learning foreign languages". Resolution No. PQ-1875. Based on this decision, learning foreign languages, mainly English, in the 1st grade of general secondary schools in the form of game-style lessons and oral speech lessons, and from the 2nd grade on the alphabet, reading, writing and grammar, teaching begins step by step.

Currently, many methods and ways of teaching English to the young generation, which is the demand of the times, from preschool and elementary grades, are being developed, and many researches are being conducted on the issues of practical application. . The results of such research are sure to show their results. Teaching foreign languages to the young generation from their childhood has many

advantages. One of the most important factors is that they love the language from childhood and arouse their interest in language learning. Because during the course of learning a foreign language, they get to know not only the language of that nation, but also the nationality, values and way of life of its inhabitants. Concepts and impressions about the world begin to appear in the student's mind.

Knowing a language opens up many possibilities. It certainly has a positive effect on world travel, business, learning, and outlook. Foreign languages are taught step-by-step to schoolchildren, that is, elementary school students. In this process, the use of multimedia and oral teaching methods in a suitable way for the students of the 1st grade will have a good effect. English alphabet and writing skills are completely wrong for first graders without a full understanding and knowledge of their mother tongue. Therefore, the first lessons of English are taught through games, multimedia tools and oral methods, and then when the students move to the 2nd grade, the period of literacy is completely completed. From the period, it is necessary to teach them the English alphabet and writing skills and to establish the formation of students' knowledge. In this way, they can form and develop a foreign language. The English language, with its many aspects and interesting features, attracts the interest of the student and leads to serious study of this language.

Starting from the 2013-2014 academic year, continuous teaching of the English language in the form of game-style exercises and oral speech lessons was started in general secondary schools. From the 2nd grade, you can organize other educational games aimed at mastering grammar. For example, "Tree", "Dictionary", "Fastest" and many similar methods can be used.

If we talk about the "tree" method, this method is mainly taught to children in the form of a game. A beautiful picture of a tree is drawn on a large white paper (poster). Pupils are given questions about flowers, or they can also write questions about fruits. Then, if the students answer the questions correctly, they glue that flower (fruit) to the tree. In this way, students make their own "tree of knowledge".

"Dictionary" is a method in which comparison and comparison are the key. That is, the students are divided into 2 groups, and the first group is given the task of translating words and text using the electronic dictionary, and the second group is the first to translate the words and text. In this method, of course, group 1 quickly fulfills the condition. However, in the memory of the second group, the words remain more and for a longer time. Because they find every word with difficulty and hard work. In this way, the groups share many useful and effective ways of using these two variants of dictionaries.

I will explain about the "fastest" method as follows. In this method, T-shirts are made from small pieces of paper and distributed to students. The students write down the words they knew on the paper. Whoever writes the most words and completes them first is the fastest reader. Using these and many similar methods and games is possible to ensure that children learn English well and perfectly. The results of these methods are clearly very beneficial.

In conclusion, it can be said that teaching foreign languages (English) to the young generation from the primary grades of schools has many advantages. And in this way we can develop their knowledge and skills. Based on the knowledge they have acquired in the primary classes, they will be able to learn English more deeply without difficulty when they move to the upper class, and they will have the opportunity to speak in this language. That is why it is necessary to inculcate in their minds that it is necessary to study languages carefully from a young age. It is necessary to create special situations for the students at home, and to equip the classroom in accordance with the English language. For example, it is necessary to bring an English alphabet that reminds the English language, to hang a map of Great Britain or the world, to bring a TV so that they can use various multimedia applications, and to make similar conditions. Every action is bound to bear fruit.

Teaching language to elementary school students is not an obligation, it is conducted as an interesting activity, lessons using several effective methods can serve as a foundation for their future knowledge. Students need to be properly

explained how important it is to learn foreign languages through natural conditions. For example, Farobi, a great thinker, knew many foreign languages perfectly and created works in these languages. Such an opportunity motivated scholars to study world science and do great things. After all, as our grandfather Navoi said, "Who knows the language knows the world".

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## **Mamaraimova Lola Utkir kizi**

Student of group 21/05, Faculty of Media and Communication, Uzbekistan State World Languages University

### **JOURNALISTS WHO DIED IN THE WAR**

A journalist is a person whose main activity is to engage in journalism by collecting, processing and delivering information about important facts, events, people, and events to the audience. It has always been difficult for journalists. Because collecting information, analyzing it and conveying it to the people is a very difficult task. Although their work is hard, some do not understand it. They think that it's just a simple job, but in reality, every news and news that you see, read, and hear on social networks, newspapers, and on television, how much you spend time and effort, lose your health, and even lose your life when the time comes. they do not know that it will be prepared later. Especially in the past and even now, when the "Coronavirus" disease took over the whole world, all professions stayed at home, only the military, doctors and journalists worked.

Since the beginning of this year, at least 366 journalists from 47 countries have died from the coronavirus. Blaise Lampen, Secretary General of Press Emblem Campaign (PEC), an international organization of journalists, announced this at the 45th session of the Human Rights Council held in Geneva, writes Anadolu Agency.

It is noted that the number of victims among media workers, especially in India, has been increasing dramatically recently due to the pandemic.

Lampen called on the 47 member states of the Council to take measures to protect the health of journalists. According to the PEC, the number of journalists who died from the coronavirus from July 1 to September doubled compared to the

beginning of the year. For example, the corona virus killed 205 journalists in Latin American countries, 90 in Asia, 28 in Europe, 22 in Africa, and 21 in North America.

In this regard, the anti-record belongs to Peru (82), followed by Ecuador (40), India (36), Bangladesh (31), Mexico (26), USA (20), Brazil (19) and Pakistan (10). countries are going.

PEC reported that 54 more journalists were killed for various reasons since the beginning of the year. Thus, the losses of the world mass media exceeded 400 this year.

Media workers of the International Organization of Journalists expressed their condolences to his relatives and friends.

Journalists killed during the Syrian civil war include foreign war correspondents, Syrian professional journalists (those working in pro-government media) and Syrian citizen journalists (including those working for opposition forces) who have died since the beginning of the war. Those killed in the 2011 civil war and the preparation of their messages. Also, journalists whose whereabouts are unknown or missing depending on the period of their reporting and disappearance, including journalists whose victims are unknown or not, are included in a separate form.

Since the beginning of 2022, 67 journalists and mass media workers have died in the course of their duties (47 workers died last year). The International Federation of Journalists (IFJ) announced the latest figures and called on the international community to take concrete measures to protect the safety and freedom of journalists.

12 of them died due to conflicts during the war in Ukraine. This is the highest rate among the 21 countries where fatal incidents have been recorded.

But the reign of terror of criminal organizations in Mexico (11 people) and the violation of law and order in Haiti (6 people) also led to an increase in murders.

Also, the number of journalists killed in Europe (13) is more than the number registered in the Middle East and Arab world (5) and Africa (4).

"The increasing number of killings of journalists and other media workers is a cause for serious concern and sends another signal to governments around the world to take action to protect journalism, one of the main pillars of democracy," said IFJ Secretary General Anthony. Bellanger.

"Failure to act will only embolden those who seek to stifle the free flow of information and undermine people's ability to hold their leaders accountable, including by ensuring that those with power and influence in society do not stand in the way of an open and inclusive path." helps to ride. Now it's time for the UN General Assembly to adopt the Convention on the Safety and Independence of Journalists," he said.

The IFJ list also shows that political repression has risen throughout 2022, from China to Belarus, from Egypt to Hong Kong, Iran, Myanmar, Turkey and Russia, to silence media and suppress pro-freedom protests. Currently, 375 journalists and media workers are behind bars (including 124 in Europe).

China and its ally Hong Kong topped the list with 84 jailed journalists, followed by Myanmar (64), Turkey (51), Iran (34), Belarus (33), Egypt (23), Russia and Crimea (29), Saudi Arabia (11), Yemen (10), Syria (9) and India (7).



**Sardor Tukhtaev** finished school with the highest grade and applied to 20 universities around the world. He is a second-year student of Uwed now. He won the XIX International Scientific-Practical Competition "Student of the Year 2022". Nowadays, He is an Ambassador of Global Youth Parliament in Uzbekistan.

**Alisherova Dilshoda** is a participant, trainer, advisor, delegate, coordinator also volunteer-translator. She has own projects with names "Liderliksirlari1 - Secret of leadership" "Top\_scholar". She is a silver medal winner of SEAMO(South East Asian Math Olimpiad). Dilshoda is a stipendium of "Student of the Year 2022".

## **DIPLOMATIC REFORMS OF THE REPUBLIC OF UZBEKISTAN IMPLEMENTED IN THE 3<sup>RD</sup> RENAISSANCE**

**Tukhtaev Sardor Sulton ugli**

**2nd year student of the Faculty of International Law,  
University of World Economy and Diplomacy**

**Alisherova Dilshoda**

**2nd year student of English language 3rd faculty,  
Uzbekistan State World Languages university**

**Annotation:** We have set ourselves the great goal of building the foundations of the Third Renaissance in our country, and for this, we need to create the environment and conditions that will educate new Khorezms, Berunis, Ibn Sinas,

Ulugbeks, Navoi and Baburs. This article discusses the diplomatic reforms implemented in New Uzbekistan during the 3rd renaissance.

**Key words:** Third renaissance, Muslim renaissance, new development, renaissance, renaissance, education, national idea.

## **INTRODUCTION**

The old modern is a witness that the world has always been ruled by ideas. Ideas are always based on knowledge, thinking and the power of reason. In today's era of rapid development, expanding horizons of science, and in the era of advanced information media, the struggle for ideas is sure to require some complexity and sharp eloquence. But humanity, by its nature, still feels the need for a noble idea. In this sense, it is possible to understand such a great goodness and a great power in the meaning of the phrase "Third Renaissance". It is clear that the future and future of any society depends on attention to the young generation. It is no coincidence that the main direction of the President's activities and views is aimed at this. It is true that the issue of attitude towards youth, the creator of the future, the decisive force of tomorrow, has become a priority policy of the state.

## **LITERATURE REVIEW**

In fact, if we look at the essence of the radical changes and sharp turns in the development of our state and society in the last five years, we see that they are implemented based on the needs of today's times and the interests of our multi-ethnic nation. That is why these reforms are considered as updates that start a new era in the history of our country, that is, the stage of growth and development.

First of all, important historical steps have been taken in our country to ensure human rights and freedoms and legal interests. A unique system has been created for direct and face-to-face communication with the people, solving the problems that are bothering the people in the area. Great progress has been made in ensuring freedom of speech and religious belief. Forced labor, which was rampant in our society and tormented people, was stopped, especially child labor.

## **RESEARCH METHODOLOGY AND EMPIRICAL ANALYSIS**

In the presidential election of the Republic of Uzbekistan held on December 24, 2021 our people freely expressed their will and demonstrated once again in practice that they firmly support the path of development chosen five years ago.

The domestic policy conducted on the basis of new views and approaches is reflected in the country's foreign policy as its logical continuation. In this regard, conducting an open, pragmatic and practical foreign policy, strengthening close friendship and cooperation relations with the countries of the world, especially with the neighboring countries, has been defined as the priority principles of our country's foreign policy.

As a result of the practical foreign policy implemented in the past short period, the prestige and reputation of our country at the international level has increased, and its completely new democratic image has been formed.<sup>1</sup> Mutually beneficial relations with far and near countries of the world have been established. As a result, in the past five years, the leadership of Uzbekistan has made about 80 high-level and high-level visits to the world's leading countries (the USA, EU countries, Russia, China, Japan, South Korea, Turkey, Iran, the United Arab Emirates, etc.).

The activities of Uzbekistan within the framework of regional structures such as the prestigious international organizations, including the specialized institutions and institutions of the United Nations, the Organization of Islamic Cooperation, the Shanghai Cooperation Organization, the Commonwealth of Independent States, are being revived and gaining new meaning<sup>2</sup>.

Relations with the European Bank for Reconstruction and Development have been restored. Relations with major economic, financial and investment organizations of the world, such as the World Bank, the International Monetary Fund, the Asian Development Bank, and the Islamic Development Bank, are developing consistently. Active economic diplomacy has become a priority of the renewed foreign policy of Uzbekistan.

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<sup>1</sup> Rahimov, M., Saidolimov, S. (2021). Regional Integration Issue in Central Asia: Local, Regional and Global Factors. *Contemporary Global Trends: Challenges and Risks for Central Asia*. Almaty, 21-34.

<sup>2</sup> Saidolimov, S.T. (2021). Central Asia: Conditions and Prospectives. *아태연구*, 11(1), 287-295.

About 1,000 investment projects and trade agreements with a total value of more than 30 billion dollars were developed with the support of diplomatic missions of our country. The number of countries investing in Uzbekistan has increased to 50. According to UNCTAD, our country has become the leading country in Central Asia in terms of investment flow growth.

During this short period, Uzbekistan became a member of the Cooperation Council of Turkic-speaking countries, and received observer status in the Eurasian Economic Union. For the first time in its history, our country was elected a member of the UN Human Rights Council. He successfully performed the duties of the chairmanship of the Commonwealth of Independent States.

On the initiative of the head of Uzbekistan, in June 2021, in Tashkent, "Central and South Asia: regional connection. It is correct to say that the international conference held on the topic "Threats and opportunities" was a clear practical expression of this. New proposals and initiatives put forward by our country within the framework of the conference aroused great interest not only in the countries of these boundless regions, but also in the world community. In particular, the issues of building new transport routes connecting Central Asia with the Indian Ocean were widely discussed.

In the future, the restoration of the part of the Great Silk Road that connects China and South Asia will give a great opportunity to increase the importance of regional transport routes, expand their transit opportunities, and create solid foundations for attracting investments. At the same time, it helps to activate interstate trade, economic and cultural relations.

## **CONCLUSION AND DISCUSSION**

In short, such positive trends observed in the region show that serious political transformation processes are taking place in Central Asia, in which the principles of openness and constructiveness, mutual trust and respect are increasingly being strengthened. This gives rise to hope that in the near future Central Asia will enter

the integration processes of the world as a single place that is developing steadily and will give it a new quality and content.

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**Dilorom Tursunova Nutfillo qizi**, 3rd year student of International Journalism at Tashkent State University of Oriental Studies. Her creative works were published in newspapers and magazines. A collection of poems entitled "Yulduzlarni quchgim keladi" was published. She took part in the "Student of the Year-2022" competition held at the university, won the first place in the category "The most active creative student of the year" and won a ticket to the Republican stage.

### **MY MOTHER TONGUE**

In the world for me, dear and respectable

One is my mother and the other is my homeland.

Again, like the sun, lonely and single

Dear like a birds' voice is My mother tongue

Alisher wrote hamsa with you.

Babur's wails captured the world,

Mahmud Kashgar collected his debts

He studied his native language with you.

You are The past days of Kadiriyy

You are the eternal light of great history

Your life will be extended like trees

You are my mother's finished songs.

You are dear to everyone

You are a soul mate to everyone

You are the only one who understands people's languages

Of foreigners being in a foreign countries

The pride and glory of the nations

You are my beautiful flower that always shines,

My mother decorated it like you

The meaning of my life is my mother tongue.



**Amirov Temurbek** graduated from the Academic Lyceum of the Tashkent State Technical University named after Islam Karimov with honors and was admitted to 7 institutes. He is currently a 1st-year student at Tashkent State Transport University. He can speak Uzbek and Russian fluently.

**Jummayeva Sarvinoz** graduated from school with excellent grades and was accepted to 8 institutes. Currently, she is studying at the Tashkent Medical Academy on a full grant basis. Young consultant in the international organization "Glory Future Foundation".

## UZBEK TRADITIONS

### Dogs that defeat wolves

All Uzbek shepherds have their own dogs, because the herd can be attacked by wolves, bears and other wild animals. If they attack, the dogs will attack them and warn the owner. Because wolves are stronger and more sensitive animals than dogs, so shepherds have two, three or even more dogs keeps together. For dogs to attack wolves in groups.

Dogs also have different names. For example: 'olapar', 'leopard', 'sirtlon', 'babik' and in some cases 'borobosar'. The reason why the name "borobosar" is rarely used is that such dogs are different from other dogs will be. Usually, three, four, five, sometimes more puppies are born from the mother. In order for a dog to be called a

wolf, it must be born alone and have a "sirtlon" on its hind leg. Only if he is born with such a difference can he get the name "borobosar". But if it is brought up among ordinary dogs with this name, it will not be a dog that can defeat the wolf alone. The training of shepherds is very important for him to overcome the wolf. Bringing him up has its own challenges and hardships. In the first step, a pit is dug out of the ground at a depth of two meters and it is placed in the pit. He lives alone until he grows up.

Next, it is necessary to pay attention to his diet. The bread, closed in the oven, is taken before it is cooked to the standard, and it is wrapped in a wolf's skin for a while, and then it is given to the werewolf. The purpose of this is that all the dog's food has the smell of the wolf, and it should get used to it. When the wolf approaches the dog, it will attack the wolf and think that it is also a prey, so that it becomes easier to defeat it. In addition to this meal, meat is served. The meat is also wrapped in the skin of the wolf and then given to the dog. Thus, Uzbek shepherds train a dog that attacks and defeats wolves from a normal, non-hybrid dog. In this process, the importance of training is very important, because if a dog born with the sign of a werewolf was raised like ordinary dogs, it would not be a dog that could suppress wolves on its own.

There are many such traditions and customs in our country.

Each has its own history and benefits. We hope this article will be useful to you.



### **Musurmonova Mohinur**

Samarkand state institute of foreign languages

Achievements: Author of several articles about learning and teaching new languages, one of the members of Liberal Democratic party of Uzbekistan.

### **WHY DO THE LEAVES TURN YELLOW?**

At the end of summer and the first days of autumn as usual the hedgehog left his house in the morning and a leaf dropped on him. As he saw, it was yellow. He raised his head and looked at the tree. Here and there of the tree yellow color was appeared. Till yesterday there had not been any yellow color. The yellow leaves have been arose today. “Interesting, why do the leaves turn yellow?” – thought he. In order to find the answer for his question. He took the leaf on his needle and went through the forest. On the way a squirrel came across. She was gathering walnut and mushrooms for the upcoming winter.

- Squirrel, do you know why do the leaves get yellow in the autumn? – asked the hedgehog.
- Yes I do, in the autumn they face a sickness so they are yellow, - said she.
- Why is it ill, look it does not look like to be ill, - replied.
- Why isn't ill, except for the leaves, I also get sick, and then my color will turn yellow, - said she.

The reply did not satisfy the hedgehog. Hanging the leaf on its needles, he continued his way. After he met a fox.

- Hey fox, do you know why the leaves turn yellow in the autumn? – asked he.
- Yes I know, they are yellow in the autumn so that it gets easier for hunting and hiding, - the fox answered.

The hedgehog pondered a little bit, but he was not satisfied with answer too.

- I do not think they become yellow just for you, - said and went away.

After long walking he arrived the base of the tree he heard a sound over the tree:

- “Hedgehog, where are you going?”

He raised his head and saw an eagle-owl sat there. Looking at him

- “Eagle-owl, do you know why do the leaves turn yellow in the autumn?”



- I know everything, - said and came in front of him.
- I will tell you and listen carefully. Even if it is simple than the leaf above you, it is very complex like our forest. On the surface of the leaves there are uncountable tiny nests. In them the animals called pigments live. Some of them are green while some of them yellow. During the summer as the sun shines much green pigments go out visibly. When it is autumn they are hidden to their nests. When it is autumn instead of them yellow ones which love cold weather go out. That`s why they are seen in yellow color, - said the owl and being proud of his answer, he straightened up.

The hedgehog listened to him surprisingly and said – thank you wise owl.

- With pleasure, - said the eagle-owl.

While the hedgehog leaving him he thought: “I do not doubt the answer of him is true, but I have a different opinion. As soon as the autumn comes, the sun hides behind the clouds and appears less. And the leaves which missed the sun they paint

the forest as the sun is shining, turning to yellow. I like the answer more” said and in a pleased position and he went away.



**Odiljonova Sarvinoz Utkir kizi**

Uzbekistan State World Language University



She was accepted to the university based on a Presidential Grant. She is delegate and participant in “International Upward Growth Forum”. She was selected as a child advisor to “Glory Future Foundation”. Participant at an annual university international conference called “New Uzbekistan: International successful experience in the implementation of International Financial Reporting Standards”. She published about 10 articles in international and national journals.

**THE IMPORTANCE OF PRENATAL PEDAGOGY**

**Abstract:** Recently, prenatal parenting has become increasingly popular. Prenatal pedagogy is the latest non-systemic approach in the pedagogical education of a child, starting from its intrauterine development. The importance and effectiveness of prenatal pedagogy is recognized and is an obligatory section of the work of medical workers in medical and preventive institutions for the protection of motherhood and childhood.

**Keywords:** Prenatal pedagogy, prenatal education, hormones, hypothalamic structures, endorphins, womb, pregnancy, fetus, post-traumatic syndrome, post-traumatic syndrome, cardio sensor, the hemisphere of the brain.

In the late seventies and early eighties of the twentieth century, first in Europe, and then in America, ideas appeared about the beginning of the upbringing and development of the child even in the prenatal period, a special branch of psychology appeared - pedagogy of prenatal education (pre means ‘before’ and natalis means ‘related to birth’) and prenatal psychology, which studies how events occurring during pregnancy, childbirth, and the postpartum period affect the formation of the psyche of an adult. During the prenatal period of development, the child lives practically "one life" with the mother. Today, it has been proven that under stress,

the hormones of the adrenal glands of the mother release stress hormones into the blood, and during positive emotions (for example, joy and calm), the hypothalamic structures produce endorphins (hormones of joy), which penetrating through the placental barrier, directly affect the fetus. Mother and child are a single organism, and each of them equally suffers from the adverse influence of the outside world, which is recorded in long-term memory, affecting the entire subsequent life of the child. Positive maternal emotions cause increased fetal growth, calmness and an increase in the level of sensory perception of the fetus. The sense organs, the corresponding centers of the fetal brain responsible for sensory perception, develop by the third month of pregnancy. Over the next six months, they improve and specialize in accordance with the functions performed. For example, the taste of the fruit is well-developed. This was established by adding sugar to the amniotic fluid (an amniotic fluid that the fetus consumes) and then the fetus consumed a double portion of this fluid. When a bitter solution was added, the amount of liquid consumed by the fetus decreased several times. The intrauterine fluid is affected by everything that the mother eats and drinks. This helps the fetus get used to the taste of the food that he will consume after birth, which is typical for the region where the parents live.

### **The importance of parents during the prenatal period.**

The skin of the fetus is exposed to the continuous action of the muscles of the uterus and abdominal wall. Thus, it makes it possible to maintain close contact between father, mother and fetus through the abdominal wall. It is noted that when a father or mother makes gentle stroking of the abdomen, the child feels these touches and even before birth he feels emotional calm and care of his parents, which affects his future relationship with his parents after birth and when he becomes an older child. The inner ear, which perceives sounds and transmits signals to the fetal brain, is formed already at the end of the sixth month of pregnancy. The voice sounds of mother and father differ in timbre and frequency, so it is important that both parents take part in conversations with the baby. You can simply tell how the day

went, how you are waiting for him to be born, you can sing a gentle song - it has been noticed that the lullabies that the mother sang during pregnancy calm the newborns better because they have been familiar to them for a long time! Last but not least, the mother and father of the unborn child can lay in him the fundamental, basic foundations of his personality, which in adulthood will be very important for the socialization of the child, and help him find himself in life.

### **The paradigm of unity in prenatal education.**

Accepting the paradigm of unity in this field gives a basis for a systematic approach to its object of study, human procreation and the early period of human life. The paradigm as a methodological term in prenatal education means that it is aimed to integrate the theoretical terms and the methodology of prenatal research. This approach stimulates the development of a prenatal child in the womb and to create positive attitudes towards parents, taking into account the continuous interpersonal communication between the mother and the child on many levels. This approach to studying the prenatal period of human life focuses not only on preventing any disturbances in the prenatal period, relations between the child and the relatives, but also on their experiences related to procreation and an optimistic vision of what happens from conception to the parents' first contacts with a child after birth.

Hence the paradigm of unity in prenatal education and pedagogy suggests focusing on a positive goal in the theoretical studies, research methodology as well as in practically supporting the immediate and more distant family in which the conceived child is living and also the broader social environment.

The experience of the prenatal mother-child union and the prenatal mother-father-child union is the first human experience of a community, and it forms one's relations to oneself and the social relations for one's whole life. The human being expects and strives to actualize these features of the prenatal life environment that once were for individuals the first "lesson of love".

### **The development of prenatal methods.**

Scientists did a lot of research in terms of the child's development before birth. There are some results:

✚ If a mother experiences a period of hunger during pregnancy, a child could be overweight in their puberty. As a result, the body remembers the state of nutrient deficiency.

✚ Children can remember the type of food their mother eats. For example, if a mother loves eating carrots during pregnancy, a child will also prefer to eat foods that have this vegetable.

✚ Within 16 weeks in the womb, the child begins to hear the sound of everything. Of course, this is the mother's voice, her heartbeat and the noise from the movement of blood through the veins. Loud environmental sounds also reach the baby, but the reaction to them may be different. So, when listening to classical music, children calm down, and at the concerts of rock musicians, they "hit" and push painfully. After birth, children prefer the voices of adults whose voices they already know.

✚ Children, whose mothers experienced severe stress during pregnancy, are born with symptoms of post-traumatic syndrome.

✚ The child experiences feelings that his mother also feels because the hormones produced by the mother enter the child through the navel. If the child receives the hormone of happiness mostly, he will expect that the surrounding is also friendly and safe. As a result of this process, the child will be calm and sleep calmly. If stress and fear hormones were delivered to the baby in utero, the baby expects that there is full of danger and fear. After birth the child is likely to be restless, and agitated; sleep poorly and cry a lot.

### **The methods which help the baby to feel free in a new environment.**

At present, with the help of various techniques: meditation, exercises, music, and lighting manipulations, the child's primary skills are being formed, which contribute not only to his successful development, but also to faster adaptation to the outside world at his birth. In Russia, in 1983, Mikhail Lazarev developed the Sonatal

prenatal musical education program, which was approved by the Russian Ministry of Health in 1996. The prenatal education program "Sonatal" is based on the method of listening to music and singing during pregnancy, while the vocal abilities of the pregnant woman are not important. The program itself regulates the sensory systems and post-traumatic syndrome of the body, hence the name of the program – cardio sensor. Song influences different hemispheres of the brain, which are responsible for the functions of meaning (left hemisphere) and image (right hemisphere), effecting the child's external breathing. In the program, it is very important to follow the regime, to carry out exercises at a certain time and with a special tempo.

There are goals to propose the inclusion of prenatal pedagogy in the curricular plans of all disciplines that make up prenatal education; to make known socially, through Prenatal Pedagogy, the fundamental importance of training for the attention, care and accompaniment given to children from the beginning of their lives.

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**Majitov Shokhjahan** is a 3rd year international journalism major at Tashkent State University of Oriental Studies. Today, the artistic articles of the young artist are published in newspapers and magazines of the Republic of Uzbekistan. His work has been published in the anthology of young artists of Uzbekistan published in Great Britain from this Friday. It has been published in conferences and magazines such as America, Russia, Germany, Turkey, India.

### **CONVULSION OF LIFE**

Early morning, on the window, a strange sight of "Father Frost". The winter sun has just melted, waking up from sleep and spreading its light around in a weak state. In such a situation, you take your head out from under the warm blanket due to the cold air, and you dive under the blanket without knowing it. I will never forget that winter night, when I lost my precious twin who fell from one belly. It is not for nothing that our people say, "A sick person is not sick, and a sick person who takes care of the sick is sick." My twin was born very weak and would get sick a lot. Because our house was very cold, we could barely survive under 2-3 layers of blankets. One day, when we were out in the field cutting firewood with my father, the employees of the "Ecology" organization came and started questioning us in their office:

- Why did you harm the state? - he said! surprisingly, he was wearing a black suit, his white hair was slicked back, and his thick mustache was covered with white.

- How did I harm the state? - said dad Allanechuk in a stunned state.

- Don't you know?

-No.

- You are currently cutting down the mulberry tree, which is not enough to feed the cocoons. Well, tell me, dear citizen, isn't this a robbery of the people's property? At a time when the mulberry tree is decreasing, it is taking a place on the list of rare plants.

"Actually, I didn't know it was a crime," said my father obediently.

- We will write you a fine now, then this will not happen again.

- Come on brother, don't write that. My son is sick at home, he has been coughing for a long time and has been unable to sleep. Otherwise, the house is cold, don't write this fine.

- If I don't fine you now, this will happen again.

-Not repeated, not repeated at all. - said my father in a pleading tone.

But the man still wrote a fine despite my father's pleading. Then my father suddenly said:

- If a human child dies in such a cold, who needs these trees? Is it better than a person's life? You bought the gas pipelines laid in our village by the district administration and put them in your pocket, did not you think about these things then?

Then his uncle got angry and said:

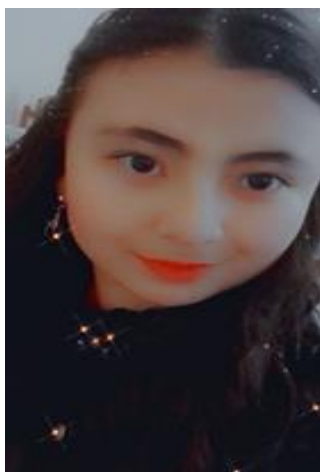
- Did I cut, tell me, did I sell? If it were up to you, you would be innocent and guilty. Uncle's face turned red and he still wrote the fine. Yelling at my father:

"I will write you twice for doing this, just stop," he said in a serious tone. He began to write a fine often, "If it's up to me, write ten times as much." He slammed the door and left. My father left me. I got up and ran to the door to catch up with my father. It's like saying that a person who drowns in water also clings to the khas. We were looking for firewood in the field to spend the winter. After that, we would look for cotton stalks under the snow, carry them home and dry them on the stove,

sometimes we couldn't even find them. My brother has not yet recovered, the strong cough has not yet let go of its grip. One day my brother's condition worsened. It is a pity that my brother was in agony at night. After going to sleep, in the morning we saw the body of a dead bird in his bed. Then everyone was busy with this tragedy. My father kept blaming himself. "Should not I have opened the door?" he asked himself. That was the first time I saw my father in tears. If it was my mother, she would tear her hair and cry to the whole world. I did not know my father and mother at that time. Around noon, nature showered us with winter rain. Cabbage sprouted from the rain. We put my brother's cold, weak body on the frozen ground. My father called me to his side and said to me:

"May this be your partner now," said an elderly man with a rather white beard and blessed his face.

Later, I found out that they do this ritual for those who have lost their twin. I also read for my twin brother. Now I am a scientist, but there is still a small part in my heart. What did I do for my brother? That snow, that snow, they called me again today, every time it snow, it reminds me of this day. In winter, life seems to be covered with a white shroud. That's why I don't like winter, especially cold weather. Now I am thinking about this while lying in a warm house and a warm bed.



**Ravshanbekova Asaloy San'atbek qizi**

Yangiariq district, Uzbekistan.

Student of 10<sup>th</sup> grade of NTM “Yangiariq education center”. She is currently a young poetess.

**SENSE OF PRIDE**

I am a proud daughter of an Uzbek child,

I am the bright face of the motherland.

Nadirabegim of Uvaisi Ghazali,

I am the words of Jasur To'maris.

My nation is Uzbek, this is my pride.

My beautiful Samarkand, my city is peaceful.

The soil is rich in gold ore,

My great story full of courage.

Today, athletes travel the world,

Anticipate the opponent's attack.

Spread the name of Uzbek to the world,

Raising the national flag high.

Uzbek Israel, Uzbek Shakhrami,

Fire sparks from the blow of my step.

There is Bahadiri who shook the rings

Every Uzbek is rich in victory.

Eldor Shomurodov to score,

Try to save the field.

It is true that Jasur Yakhoboyev takes penalties and Barchasin kicks for goals.

Human value is great in this country,

His children are dear to the head of the country.

Living on fire as my country,

His tongue is dull because of the prosperity of the country.

### **PRAISE MY COUNTRY**

It is a sin not to write a poem about the country,

Your child who does not love his country is lost.

Let's live as my people, as my country,

Because Allah is the companion of the country.

My country, I will write your hymn,

Write your enthusiasm in the heart.

The world saw your face today.

Write your happy throne.

The great mountains of the desert,

Your gardens are buried in flowers today.

You can't reveal your gardens,

Crow crows that have drowned your grain.

Pens are sharpened to sing praises,

It is not for nothing that it is called paradise.

That's why I love gold and silver,

I have no words to describe.

Spread the blue sky further east,

The moon shines in the dark.

All of them are suitable for each other.

The farmer's love spreads in the field,

The mother opens her womb to him. There are many delicacies on the table.

Where there is blessing, the devil flees.

It is true that the future of my country is bright, The voice from the future is coming today.

To the helpful children of my country,

That's why we fly high!!!

### **YOU ARE MY COUNTRY**

The nightingales fly in their gardens, and their nests reach seven climates.

Poems write poems for the nightingale, This is my homeland, my homeland.

Jambil basil in the miracle garden,

In a huge mountain full of herbs.

The beauty is in the spot of the moon,

This is my homeland, my homeland.

Temur the Great rocked his cradle,

God told my grandfather Navoi. Babur missed Mirza and waited,

This is my homeland, my homeland.

The ancestral line is far away,

This is forever in history.

Today we generations have understood,

This is my homeland, my homeland.

Kamoliddin Behzod drew this,

This is the land where Ulugbek Samo traveled.

It is indescribable,

This is my homeland, my homeland!

**Hayitoy Boboyorova Uchkunovna**

Tashkent Medical Academy, Termiz branch



Achievements: Author of more than 15 scientific articles and theses, participant of the Republican stage of the "Heirs of Mirzo Ulugbek" competition, member of the People's Democratic Party, participant of more than 10 forums, member of the Republican Council of Young Scientists, "Intellectual Researcher" crack badge holder.

**DISEASE, SYMPTOMS AND ITS DIAGNOSIS OF HIP JOINT****DYSPLASIA**

**Abstract:** Hip dysplasia and its congenital origin take the first place among orthopedic diseases in children. This disease is more common in girls than boys. Due to the fact that it is very difficult to detect the first signs of this birth defect, it is not detected by parents and sometimes medical personnel during the illness, and they begin to pay attention to it only after the child begins to walk and limps. However, good results can be obtained only if hip dysplasia and congenital hip dislocation are detected and treated before the child walks.

**Key words:** dysplasia, joint, pelvis, birth defect, femur, lameness, physiotherapy.

Joint dysplasia is a congenital underdevelopment of the pelvic cavity, where a defect is observed at the junction of the hip bone and the hip bone. In such children, the junction of the hip bone and hip bone tends to protrude and does not grow well. Congenital dysplasia in children can be detected immediately after birth, but this disease is rare in adults.

The first signs of this disease are: the leg looks outward, one leg is shorter than the other when walking unilaterally, the internal skin folds in the hip area are not located high or low and do not correspond to each other, the limitation of moving the leg away from the body in a bent position from the knee joint, the leg the head

of the femur descends into the acetabulum during the knee joint extension, and it protrudes during adduction.

Joint dysplasia is a congenital underdevelopment of the pelvic cavity, where a defect is observed at the junction of the hip bone and the hip bone. In such children, the junction of the hip bone and hip bone tends to protrude and does not grow well. Congenital dysplasia in children can be detected immediately after birth, but this disease is rare in adults.

Dysplasia can occur in the following parts of the body:

- in hip joints;
- in the elbow joint (very rarely);
- in the shoulder joint;
- in the knee joint.

Reasons for origin

The disease develops due to the breakdown of connective tissue structures.

Reasons:

- hereditary factor, i.e. heredity;
- injuries during childbirth or after childbirth;
- hormonal disorders in the body of a pregnant woman;
- incorrect location of the fetus in the uterus (causes hip dysplasia).

Also, if the age of the parents is over 40, there is a possibility that the disease will be detected in the baby.

Disease symptoms

Symptoms of the disease differ for each type of dysplasia:

- In hip-hip dysplasia: the child's legs are of different lengths, asymmetric hips, buttock folds are also in an asymmetric position, when the legs are separated from each other, asymmetry is also observed in them;
- Shoulder dysplasia: the shape of the scapula changes, pain occurs during movement, joint dislocations are often observed;

- Knee dysplasia: the knee hurts during movement, the shape of the kneecap changes.

Diagnostics. In order to diagnose dysplasia, the orthopedist directs the following examinations:

- ultrasound examination of joints;
- x-ray examination of joints.

Treatment of the disease: For the treatment of joint dysplasia, the following are prescribed:

- massage;
- therapeutic exercises;
- physiotherapy;
- medicines;
- special tires or devices;
- surgical operations (artificial joint installation).

All methods of treatment (except surgery) are effective only up to one year of age. After one year, dysplasia can be treated only by surgery.

If any of the above signs are detected in a child, it is necessary to consult a pediatric orthopedic doctor without delay. Children are examined clinically, with the help of an ultrasound machine and with the method of radiography, the diagnosis is clarified and the treatment procedures are started. Treatment methods are different and are determined depending on the age of the child and the level of birth defects. As the child is younger, it can be treated with various devices (special splints made of thick and hard materials to support the legs, Vilensky splint and "special pampers"). If the child has a large short leg, then the defect is treated with various plaster bandages (according to Ter-Yegiazarov-Sheptun, Lange, Lawrence methods), and in some cases, surgically. Also, at the age of 2 months, babies should be examined by an orthopedic doctor at the family polyclinic, and it is recommended to wrap their legs or wear "shoes" as a preventive measure.

It would be useful if parents pay attention to the symptoms of hip dysplasia in children and its congenital orthopedic disease and quickly consult a specialist in order to prevent it. Unfortunately, some parents bring their children to medical institutions without paying attention to the advice of doctors. As a specialist, I would like to recommend that after the birth of your child, if you do not observe the above conditions, you can contact the Republican Children's Orthopedic Center in order to be satisfied.

#### Congenital protrusion of the thigh

This disease is often observed in children and is called a birth defect, which is observed when the head of the femur protrudes from the socket of the pelvis. This defect occurs in connection with the dysfunction of the muscles of the socket of the pelvis, the head of the femur, the synovium and ligaments, as well as the surrounding tissues. The birth of the number goes back to the socio-economic situation, climate and national traditions of a certain region. In Asian and African countries, women carry their children on their backs or on their sides, without swaddling them. This creates conditions for the hip joint to develop well. In some countries where it is customary to swaddle the baby, for example, in Georgia, this figure corresponds to 9 out of every 1000 babies. In most cases, one-sided protrusion of the thigh is observed, and this defect is 5 times more common in girls than in boys. This disease can sometimes be passed from generation to generation. Well, what clinical signs are observed in the disease, it would not be bad if everyone knew about it. There are several signs that parents can check for themselves at home.

#### Signs of congenital hip dislocation

When the child is laid on his back, the hip and calf are bent at a right angle and pulled to the side, a crunching sound is heard, indicating that the displaced femoral head falls into place. It can be determined in the first months of a child's life.

A healthy child's hip can move away from the body up to 90 degrees to the side. This is not possible in the case of congenital dislocation of the thigh.

The folds on the thighs of a newborn baby should be symmetrical, that is, in a straight line. In this disease, they are not located in a straight line.

The leg on the affected side is shorter than the leg on the healthy side. It can be measured comparatively with a centimeter tape.

The leg on the side where the hip bone is protruding is turned outward compared to the healthy leg.

If parents notice these signs in their children, they should not be apathetic and indifferent, they should urgently contact a specialist. If you pay attention to this situation, the child will move late, he can take his first steps at the age of 1.5-2 years. A child with hip dislocation limps, and a "duck" gait is observed in bilateral hip dislocation.

As a result, the spine changes, and the diseased leg is turned outward. It should be remembered that time is of the essence in the treatment of the disease. The later a doctor is consulted, the more difficult and complicated the treatment is. If the treatment is started in the first months of the child's life, 100% of positive results, if it is started in the first six months, 70%, if it is started at the age of one year, the recovery is 40%. So, the earlier the action is taken, the easier it is to treat the pain.

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**Musayeva Adiba Abdumajidovna** is the teacher of the department of practical English language course at Tashkent State Pedagogical University. She has made a lot of achievements in English. Until now, she continues her research in this field.



**Isomiddinova Sevinch Odil qizi** is the sophomore student of Tashkent State Pedagogical University, foreign languages faculty. She is one of the enthusiastic organizer of TEDxTSPU and "Ilm nuri" projects and main organizer of "Just speak" and "Ezgulik haftasi"

### **ANALYSIS OF BOOKS THAT A PERSON SHOULD READ IN LIFE**

**Annotation.** This study spotlights the innumerable merits of reading various books, no matter of people's age, gender, or study major, in order to broaden their minds and sharpen their brain functions. There are list of some books with quick annotations of every e-book in this article. This study can mention some preferences of these books from other's a long the way.

**Key words:** International Reading Association, Atomic Habits, The Subtle Art of Not Giving a Fuck, Choose yourself.

**Theoretical background.** Adolescents entering the adult world in the 21st century will read and write more than at any other time in human history. They will

need advanced levels of literacy to perform their jobs, run their households, act as citizens and conduct their personal lives. They will need to literacy to cope with the flood of information they will find everywhere they turn. They will need literacy to feed their imaginations so they can create the world of the future. In a complex and sometimes even dangerous world, their ability to read can be crucial. According to the International Reading Association (Moore et al., 1999 p. 3) :

Events focusing on reading for pleasure can also promote or enhance social skills in children ( e.g. Allan, Ellis & Pearson, 2005; The reading Agency, 2006)(2). Overall when individuals read for pleasure frequently, "they experience the value of reading as efferent and aesthetic processes. Thus, they are more likely to read with a sense of purpose, which further supports their developing reading habit" (Sanacore, 2002, p.68)(3).

**Introduction.** This section aims to introduce the significance of books in everyone's life while they are struggling with some difficulties that life throws their way or in their academic lives. Have you ever heard about anyone who lives for a thousand or 2,000 years? Yeah, truly 1,000 or more than that. You can wonder if those kinds of people really exist or not. The answer is "yes" without any hesitation. You know who can live more than 1,000 years? People who read more books can live longer, no matter the number of years. They lived hundreds, maybe millions, of characters' lives; they felt what they felt; they think what they thought; and they even sometimes act like them when they were in the same situation as the character. By following them, readers can find the right way to solve any problem in their lives. All they should do is select the most fabulous book that can help them tackle their problems and follow it without any excuses. They can definitely find the right way out due to the fact that the person who wrote that book went through all the problems that you may be struggling with. Not only can you find the right way, but you can improve their current or future lives as well. You can ask why must you read exactly these three books but not others.

## **Results**

## ***Self-development books***

### *1. Atomic Habits; the full name of the writer is James Clear.*

By reading this book, you can realize that the progressive device will get 1 percent higher each and every day.

It is believed that so that people can change their lifestyle, they should make big changes or sacrifices. But world-renowned habit expert James Clear has discovered another way. He is aware that the actual alternate comes from the compound impact of small choices—doing two push-ups a day, waking up 5 minutes early, or protecting a single short cellphone call. He calls them "atomic habits."

In this ground-breaking book, Clear displays exactly how these minuscule changes can grow into such life-altering outcomes. He uncovers a handful of simple life hacks (the forgotten artwork of habit stacking, the unexpected strength of the two-minute rule, or the trick to entering the Goldilocks zone) and delves into cutting-edge psychology and neuroscience to provide an explanation for why they matter. Along the way, he tells inspiring stories of Olympic gold medalists, leading CEOs, and distinguished scientists who have used the science of tiny habits to stay productive, motivated, and happy.

### *1. The Subtle Art of Not Giving a Fuck; the full name of the writer is Mark Manson*

This e-book helps you be extra practical and realistic in your life. The author engages the readers with him until the end. It is useful for youngsters as it tells them how to live a balanced life. Mark Manson teaches us to let most of the matters go, as they are now not that important; however, we constantly pay attention to them (sometimes unconsciously) and focus on what really matters. It changes the total viewpoint of your existence, and particularly as a teen, when you assume a lifestyle full of luxuries besides any problems, the creator tells you that happiness doesn't lie in such a life. It comes from confronting issues and finding a way to solve them. If you are willing to endure the ache associated with certain happiness, honestly, you

can find it, and that is the element which we must recognize as all and sundry right here favor something according to their very own priorities, but most of the people don't want to go through the process to get that. This e-book helps you come upon what you strive to avoid, whether it is any failure or any situation. The writer gave his own examples and experiences to illustrate how life's struggles supply it with extra, which means that this is a much better approach than continuously making an attempt to be happy.

2. *Choose yourself* The full name of the rite is James Altucher.

This book really can help you choose yourself and live only your present life. There is a wise sentence about this: "The only two days that you cannot change are yesterday and tomorrow." Thus, stay in your proper place now and enjoy your life. If you want to change, take action now, not tomorrow or next week. Only now. You have only your now because you are no longer aware of or forecasting your tomorrow. But one thing is for sure: if you do not make courageous choices for yourself, nobody else will.

There is no path. There is a path for everyone. Every direction starts with this one moment. Did you pick yourself for this moment? Can you be bold? Then all paths will lead to an identical place. Right now.

What I like about James and his book is that you can tell he came from a similar roller coaster. He chose his own path to success without knowing the outcome.

**Discussion.** What Advantages Do Books Have Over Other Media?

1. Acquire Useful Information
2. Exercise Your Brain
3. Boost Concentration
4. Boost Memory
5. Take in Some Entertainment

6. Boost Your Empathy
7. Boost Your Communication Skills
8. Lower Stress Levels
9. Enhance Your Mental Health
10. Live longer

### ***Want to Discover More?***

The advantages of reading books are endless. We count only 10 benefits of reading books. Reading stimulates several parts of your mind. Processing the words you read requires comprehension, to start. Beyond that, reading words off of a page can help you develop your analytical skills, trigger memories, and even expand your creativity.

Reading exercises your brain's muscles in a neurological way. By doing this, you may be able to lessen memory deterioration and even slow cognitive loss. Reading even lowers levels of beta-amyloid, a molecule in the brain linked to Alzheimer's, according to research from the University of California, Berkeley. Who knew that reading might have positive effects on one's body, mind, and spirit?

**Conclusion.** I can freely say that after reading these three books I started to look at the world very differently, I changed my entire lifestyle through creating more good habits instead of bad ones by doing all advices that written by authors I could manage to build more productive life. Moreover by reading these books you can find other helpful books as well which are resemble to these. All they need to do is reading, feeling and doing all things that mentioned in this book. By only reading nobody can achieve anything, they cannot change anything until they themselves change. In order to reach deliverance from their suffers they should do every single advices as mentioned in book.

### **Literature**

1. Atomic Habits written by James Clear.

2. The subtle art of giving fuck written by Mark Manson

3. Choose yourself written by James Altucher

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### **Kholbutaeva Mokhinur Temurboy kizi**

1st year master's student in the field of "Management of educational institutions" in the faculty of Pedagogy of Chirchik State Pedagogical University

## **CURRENT DEVELOPMENT OF THE DIGITAL ECONOMY: PROBLEMS AND SOLUTIONS**

The digital revolution has transformed our lives and societies in an unprecedented way, and in 25 years[1] it has created some challenges as well as great opportunities. The development of the digital economy is one of the priorities for leading countries such as the USA, Great Britain, Germany, and Japan. In recent years, a new wave of development in business and social sphere activities is taking place with the help of a new generation of digital technologies, i.e. artificial intelligence, robotics, and wireless communication technologies. New technologies can greatly contribute to the implementation of the Sustainable Development Goals, but we may not get the positive results we expect.

If we want to achieve the full social and economic potential of digital technologies, it is necessary to develop cooperation between countries without allowing unexpected consequences. Special attention has been paid to the development of this industry in our country. The head of our state, Sh. Mirziyoyev, in his Address to the Oliy Majlis dated December 28, 2018, suggested the implementation of the "Digital Uzbekistan - 2030" program until 2030 [2].

### **ANALYSIS OF LITERATURE ON THE SUBJECT**

The concept of digital economy was first used by a Japanese professor in the 1990s during the Japanese crisis. In 1995, it was used in Europe by Don Tapscott's

"Digital economy: obeshchanie i poznosti v epokhu setevoy razvedki" and in the research work of Nicholas Negroponte (Massachusetts, USA) in 1995 [1].

## DISCUSSION AND RESULTS

Economics is the conduct of economic activities in which the main factor in production and service is information in the form of numbers, as well as, it is to implement more effective solutions than the previous system in the process of various types of production, service, technologies, devices, storage, and delivery of products using the processing of large amounts of information and the analysis of the results of this processing. In other words, the digital economy is an activity connected with the development of digital computer technologies in the provision of online services, electronic payments, Internet trade, crowdfunding and other types of industries. [5]. In our opinion, the digital economy is an economic activity that is implemented and managed with the help of digital technologies in the context of a shortage of economic resources. The main problem facing any economic system is the scarcity of resources, and the main attention should be focused on solving this problem in the digital economy. Research methodology In the study of the role of digital platforms in the world economy, the article used comparative stepwise analysis, market capitalization of top and bottom companies, statistical mathematics in the analysis of development trends of multinational companies based on digital platforms, statistical grouping and comparison of Internet coverage in regions. Also, based on the development of the digital economy, the use of Internet traffic is highlighted based on a dynamic analysis.

The following advantages of the digital economy are distinguished [6]:

- it is estimated that labor productivity will increase up to 40%;
- the digital economy has the ability to collect, use and analyze huge amounts of machine-readable data (digital data);
- emergence of new forms of work sold through online platforms;
- digital transformation, change of trade infrastructure for special services;

- the export of industrial products now depends on ICT products and services;
- the digital economy has created enormous wealth in a very short time, but this wealth is concentrated around a small number of individuals, companies and countries. Based on current policies and regulations, this trajectory may continue, but it will lead to increased inequality. At the same time, there are some conflicting aspects of this economy.

They are as follows:

- new technologies, especially artificial intelligence, will inevitably lead to major changes in the labor market, including job losses in some sectors and large-scale opportunities in others;
- the digital economy requires a set of new and different skills, a new generation of social protection policies, and a new relationship between work and leisure;
- the digital economy also creates new risks, from cyber security breaches to the facilitation of illicit economic activity and privacy concerns.

The digital economy continues to grow at a rapid pace based on the ability to collect, use, and analyze vast amounts of machine-readable data (digital data) about almost everything [7]. For example, Global Internet Protocol (IP) traffic, a proxy for data flow, has grown from 100 gigabytes (GB) per day in 1992 to over 45,000 GB per second in 2017, and the world is in the early days of a data-only economy. In this regard, global IP traffic is predicted to reach 150,700 Gbytes per second by 2022 (Figure 1).

The development and policy implications of data collection and use depend on the type of data:

- personal or non-personal;
- private or collective;
- for commercial or state purposes;
- voluntary, observed or implied;
- effective or ineffective.

The "data value chain" has completely evolved, including firms that support data collection, generating insights from data, data storage, analysis, and modeling. Value is created when given data is converted into digital intelligence and converted into money for use in commercial matters. Digital platforms provide mechanisms to bring together multiple parties on the Internet to move together.

There are transaction platforms and innovation platforms, transaction platforms are two-way or multilateral marketplaces, online infrastructure that supports exchanges between different parties. They have become the main business model for large digital corporations (such as Amazon, Alibaba, Facebook and eBay) as well as for those who favor digitally enabled networks (Uber, Didi Chuxing or Airbnb). Innovative platforms, such as operating systems (such as Android or Linux) or technology standards (MPEG video), create an environment for the development of code and content for the development of applications and software packages. Over the past decade, many digital platforms have emerged around the world using business models based on digital data, replacing existing industries. The advantage of platforms is that seven of the world's eight leading companies by market capitalization use platform-based business models.

In the digital economy, platform-based businesses have a huge advantage. As both an intermediary and an infrastructure, they have the ability to record and delete all data related to online activities and interactions between platform users. The growth of digital platforms is directly related to their ability to collect and analyze digital data, but their interest and behavior depends on how they commercialize this data for profit. . Geographically, the development of the digital economy is very uneven. Currently, the world is characterized by a sharp difference between non-digital economy and hyper-digital countries. For example, four out of five people in developed countries and one out of five people in less developed countries use the Internet.

The economic geography of the digital economy does not show the traditional distinction between North and South. It is led by developed and steadily developing

countries - the USA and China. For example, these two countries account for 75% of all patents related to blockchain technologies, 50% of Internet of Things (IoT) spending, and more than 75% of the global market for public cloud technologies. And, most surprisingly, they account for 90% of the market capitalization of the world's 70 largest digital platforms. The share of Europe is 4 percent, and that of Africa and Latin America is only 1 percent. These "super platforms" - Microsoft, followed by Apple, Amazon, Google, Facebook, Tencent, Alibaba - account for two-thirds of the total market value. Thus, in many digital technological developments, the rest of the world, especially Africa and Latin America, lags far behind the US and China. Some of the existing trade frictions reflect the desire for global dominance in the latest technology. There may be some difficulties in creating and capturing the value of the digital economy and the values associated with it. First, there is no generally accepted definition of the digital economy. Second, there are no reliable statistics on its main components and dimensions in developing countries. Although there are several initiatives to improve the situation, they are insufficient and resist the rapid development of the digital economy. The size of the digital economy has changed from 4.5% to 15.5% of the world's GDP. In terms of value added in the information and communication technology (ICT) sector, the United States and China together account for about 40 percent of world GDP. The share of this sector in the GDP is the highest in China's Taiwan province, Ireland and Malaysia. In the ICT sector, computer services are the largest component, accounting for 40 percent of value added. The US dominates the global computer services industry; the share of this sector in the industrial added value is greater than the total share of nine major economies. In this regard, India has the largest share among developing countries. Computer services, which is the only growing sector in all regions, is one of the main drivers of employment in this sector. Value added in ICT manufacturing is highly concentrated in East Asia (led by China) and developing countries may have limited access to value from this sector. In the last decade, global exports of ICT services and services that can be delivered digitally

have grown much faster than exports of general services, reflecting the growing global economy.

Exports of digitally delivered services totaled \$2.9 trillion in 2018 (up from \$1.8 trillion in 2008), or 50 percent of global services exports. In less developed countries, such services accounted for about 16 percent of total services exports, and they tripled from 2005 to 2018[10]. Digital platforms are becoming increasingly important in the world economy. The total value of platform companies with a market capitalization of more than US\$100 million was estimated at more than US\$7 trillion in 2017 – a 67% increase compared to 2015. Some global digital platforms have achieved very strong market positions in certain industries. For example, Alphabet (Google) has 90 percent of the Internet search market. Facebook accounts for two-thirds of the global social media market and is the top social media platform for more than 90 percent of the world's economy. Amazon has about 40 percent of the world's online retailing activity, and its Amazon Web Services market share of the global cloud infrastructure services market is about the same. In China, WeChat (owned by Tencent) has more than one billion active users, and together with Alipay (Alibaba), its payment solution has captured almost the entire Chinese market for mobile payments. Meanwhile, Alibaba has about 60 percent of China's e-commerce market. Several factors help explain the rapid rise to dominance of these digital giants:

- related to the network effect (that is, the more users a platform has, the more valuable it is to everyone);

- the ability of platforms to collect, manage and analyze data, like the network effect, more users means more data, and more data means first-level advantages and greater capitalization ability, leaving behind potential competitors;

- once the platform begins to gain traction and offer various integrated services, the costs for users to switch to an alternative service provider will begin to rise.

Global digital platforms have taken steps to strengthen their competitive positions by attracting potential competitors and expanding complementary products

or services. Among the digital platforms are Microsoft's takeover of LinkedIn and Facebook's acquisition of WhatsApp. Alphabet (Google) and Microsoft have invested in telecommunications equipment by buying Motorola and Nokia, respectively. Major platforms have also made other major acquisitions in the retail, advertising and marketing industries, and non-residential real estate. For the digital economy to work, politics depends on the concerted efforts of many countries. This is a huge task that requires adapting existing policies, laws and regulations and adopting new ones in many areas. For many countries, the digital economy and its long-term consequences remain abstract. While some challenges can be addressed through national policies and strategies, the global nature of the digital economy requires greater levels of communication, consensus, and policy making at the international level. Data privacy and data security require special attention. Laws and regulations are needed to combat identity theft, to set rules on how personal information is collected, used, transferred or removed, and to ensure that business models based on the digital economy can benefit society as a whole. The EU General Data Protection Regulation, which entered into force in May 2018, is today a comprehensive approach to data protection of global importance. Digitization affects different countries differently, and individual governments require political space to regulate the digital economy to meet different legitimate public policy objectives. Handling and regulating digital data is complex as it relates to human rights, trade, economic value creation and capture, law enforcement, and national security. Formulating policies that take these different dimensions into account is difficult, but necessary nonetheless. In addition, effective income distribution and tackling the digital divide require more social protection measures and efforts to save workers.

## **CONCLUSIONS AND SUGGESTIONS**

Digital transformation is becoming more and more important today, especially during the current pandemic. Realizing the role of the digital economy in the

economy of countries and its importance in the world economic development, it is appropriate to implement the following:

- To study more comprehensive methods of support in countries that are advancing in the digital economy;
- creation of regulatory and legal bases of digital economy in our country;
- creating the necessary infrastructure for the digital economy, first of all connecting areas with limited or no access to the Internet to the system;
- improving the activity of the system of training specialists-personnel necessary for the digital economy;
- governments, civil society, academia, the scientific community and the technology sector to develop joint research efforts to find new solutions;
- smart use of new technologies, strengthening partnerships and strengthening intellectual leadership are needed to redefine the future contours of digital development strategies and globalization.

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**Madina Fayzullaeva is the editor and translator of this anthology. This anthology embodies the scientific and creative researches of the youth of New Uzbekistan. This anthology collects about twenty selected creative and scientific researches in one book. Most of the authors are talented young people who have achieved many achievements. The scientific and creative works of these young people were collected by Madina Fayzullaeva and published in the form of an anthology.**

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