

Human Health and Environmental Are the Main Factor in the Development of Our Cultural Community

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Abstract: From the first years of independence, our country, which is moving towards the creation of a legal democratic society, has identified the education of a healthy generation as one of its priorities. Today's generation of healthy and highly spiritual people is the foundation of the future of our nation and state. Health is man's greatest aspotence. However, the management of the health process depends on the ability to clearly solve individual health problems inherent in each person.

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Disambiguation pages with short descriptions Strengthening health, tightening the body, increasing its resistance to various diseases are the healthening tasks of this pedagogical process. The success of their health-improving tasks depends on compliance with the requirements of the principles of physical training and the principles of health-improving pedagogy. Practical exercises in health-improving physical education solve an important issue related to the physical development of students. Physical development includes qualitative changes that occur during the development of human power, as well as in his health under the influence of specially organized education [2]. In this sense, it is considered as the result of physical education. Physical maturity is the result of a pedagogical process that shapes an individual with the help of physical education.

"Physical development" refers to a complex of morphological and functional properties that determine the reserve of forces in an organism. The level of physical development of a person is an important factor that determines the character and capabilities of physical training. Jump to search Physical development is evaluated based on anthropometric data. The great thinker, Abu Ali ibn Sina, is one of the founders of medical science. Alloma paid great attention not only to the prevention and treatment of diseases, but also to the protection of health together. He has repeatedly stated that regular exercise is a powerful factor in staying healthy. Today, the development of a health theory that provides for the formation of a health doctrine with a single legislation that embodies the principles of the primary healthy creation of the human organism becomes an urgent task. According to the doctrine required by such a new theory of health: - To limit the concepts of public health and individual health in the first place; - Development of an active strategy for health promotion through a constructive approach to human health; - To build on these achievements and methods in the formation of a meaningfully healthy lifestyle and health; - Everyone should understand that improving their health is not the job of doctors, health is first and foremost their own business; - It is expedient to organize continuous training of different segments of the population in ways to improve their health. In particular, the long-term human impact on the environment and nature has created a variety of environmental problems. This is a matter of concern to the world community right now. According to scientists, nitrogen makes up 78% of the atmospheric layer surrounding the Earth, oxygen 21% and other substances we need to breathe. Disambiguation pages with short descriptions If the oxygen in the air drops below 21 percent, we

won't even be able to burn it. This disambiguation page lists articles associated with the title Ernst Haeckel (1834-1919), a German naturalist who lived in the 19th century. In the introduction of environmental education and education in medicine, it is desirable to take as a basis the teachings of Ibn Sina and study it from the point of view of modernity. At the same time, many plantings of some ornamental trees that do not belong to the regional fauna for the purpose of landscaping will not be so beneficial in terms of the ecogenesis of diseases, but should not forget about their pathogenic (including allergenic) effects on humans in the conditions of our region with high pollination [5]. As Ibn Sina admitted, it is now becoming necessary to approach the landscape of land allocated for residential use, its condition, i.e. urban development directions, as an environmental factor. Uzbekistan, one of the largest countries in Central Asia in terms of population, is experiencing the emergence of environmental problems and its impact on the natural environment and human health. In order to prevent these environmental problems, the formation of ecological culture among the population of Uzbekistan, especially young people, by providing them with environmental education, is an urgent task. Every civilized person should be able to enjoy the beauty of creation. Disambiguation pages with short descriptions A person who loves nature will not find peace [4]. Everyone needs to be aware of that. Only then will he realize that he was created as the greatest being in this world. Knowledge of nature helps him to understand that he is being studied not for simple discussion, but for the sake of enjoying the beauties of life and living as humans. At present, no one doubts that any projects that will be able to re-transform nature are being comprehensively analyzed and accurately calculated. To do this, mathematics can tap into its very rich potential. There are many scientific studies on the application of mathematical formulas to solving environmental problems. This disambiguation page lists articles associated with the title Mathematical Ecology [3]. Today, the formation of environmental awareness of young people is becoming an important aspect of social education. From Wikipedia, the free encyclopedia Disambiguation pages with short descriptions In the words of Socrates, "There are many great powers in the world, but there is no power in nature more powerful than man."

Therefore, it is a duty and a duty for every citizen to leave our native land clean and healthy for future generations, to educate our young people with a high environmental culture. Human health and environmental culture are the main factor in the development of our society.

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