

MONOGRAFIA
POKONFERENCYJNA

SCIENCE, INFO
RESEARCH, DEVELOPMENT

USA

15.11.2018- 16.11.2018

U.D.C. 72+7+7.072+61+082

B.B.C. 94

Z 40

Zbiór artykułów naukowych recenzowanych.

(1) Z 40 Zbiór artykułów naukowych z Konferencji Międzynarodowej Naukowo-Praktycznej (on-line) zorganizowanej dla pracowników naukowych uczelni, jednostek naukowo-badawczych oraz badawczych z państw obszaru byłego Związku Radzieckiego oraz byłej Jugosławii.

(15.11.2018) - Warszawa, 2018. - 152 str.

ISBN: 978-83-66030-61-9

Wydawca: Sp. z o.o. «Diamond trading tour»

Adres wydawcy i redakcji: 00-728 Warszawa, ul. S. Kierbedzia, 4 lok.103

e-mail: info@conferenc.pl

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Nakład: 80 egz.

«Diamond trading tour» ©

Warszawa 2018

ISBN: 978-83-66030-61-9

Redaktor naukowy:

W. Okulicz-Kozaryn, dr. hab, MBA, Institute of Law, Administration and Economics of Pedagogical University of Cracow, Poland; The International Scientific Association of Economists and Jurists «Consilium», Switzerland.

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***Аннотация.** В статье проводится анализ метода смешанного обучения и модели «Перевернутый класс», его преимуществ и недостатков; освещаются проблемы, возникающие при реализации данного метода. На метод смешанного обучения возлагается много надежд, и он призван решить комплекс задач, связанных с качеством подготовки, где на первый план выходят такие компетенции как работа с информацией, нахождение способов ее получения и обработки.*

Ключевые слова: смешанное обучение, информационные технологии, взаимодействие, модель «Перевернутый класс», индивидуализация обучения.

Быстрый процесс науки и техники вызывает массовые изменения в процессе обучения русскому языку и литературе. Одним из результатов развития науки и техники является Интернет. Интернет позволяет человеку делать множество вещей без ограничения времени и пространства. Люди могут выполнять работу, даже не присутствуя на рабочем месте. Интернет также широко применяется в образовательном процессе. Одним из применений является смешанное обучение.

Смешанное обучение – это сочетание традиционных форм аудиторного обучения с элементами электронного обучения. В нем используются специальные информационные технологии (компьютерная графика, аудио и видео, интерактивные элементы и т.д.). Учебный процесс в этом случае представляет собой чередование фаз тра-

диционного и электронного обучения. Смешиваться могут очное и дистанционное, структурированное и неструктурированное, самостоятельное и коллаборативное обучение. В подобном ключе можно смешивать учебу и работу, а также другие сферы, связанные с образованием.

Технология начала развиваться с 2006 года, с выхода книги К.Дж. Бонка и Ч.Р. Грэхема «Справочник смешанного обучения». В наше время в образовании цифровые сервисы используют 34% учителей (по данным 2017 года).¹

Плюсы смешанного обучения:

- Расширение образовательных возможностей учащихся за счет доступности и гибкости образования.
- Стимулирование формирования активной позиции ученика.

¹ <https://www.ispring.ru/elearning-insights/chtotakoe-smeshannoe-obuchenie/>

- Трансформация, актуализация стиля преподавания.
- Индивидуализация и персонализация образовательного процесса.

На сегодняшний день педагоги выделяют ряд трудностей, с которыми сталкиваются при переходе на смешанное обучение:

- Технические проблемы: отсутствие технических устройств, затруднения доступа к интернету.
- Методические проблемы: недостаточность практических работ, значительные трудозатраты при подготовке, страх использования технических устройств.

Модели смешанного обучения:

«Ротация»

Автономная группа. Класс делится на две половины: одна группа занимается по традиционной модели, другая – по онлайн-курсам. Первой необходим преподаватель, второй – тьютор. Возможно чередование групп. Критерий деления определяет учитель. Численный состав может быть постоянным или переменным.

Перевернутый класс. Знакомство с новым учебным материалом переносится на домашнее изучение, а отработка производится уже в классе. Так появляется возможность организовать на уроке индивидуальную и групповую работу, обсудить изученное, уделить время практическим задачам. Это очень популярная модель. Основная сложность в ее использовании: сделать так, чтобы все ученики действительно выполняли домашние задания.

Смена рабочих зон. Класс делится на группы, и организуются: 1. Зона работы с учителем; 2. Зона работы в группе; 3. Зона работы онлайн. Модель чаще всего используется в средней и старшей школах. Группы действуют в соответствии с маршрутным листом. Такие уроки открывают учителю широкие возможности для обеспечения индивидуализации в обучении.

«Персонализированность»

Новый профиль. Если несколькими ученикам средней или старшей школы не подходит ни один из предложенных учреждением профилей, может быть выделена группа «Новый профиль» (что соответствует стандарту образования). Профильное обучение ведет педагог школы или приглашенный специалист.

Межшкольная группа. Аналогично «Новому профилю», однако в группу сотрудничества входят ученики из разных учреждений. Модель особенно актуальна для одаренных детей и детей с ОВЗ из малокомплектных школ.

Индивидуальный учебный план. Расписание оптимизируется для каждого ученика с учетом его образовательных потребностей. Модель целесообразна для учащихся с особыми образовательными потребностями.

Все модели реализуются с использованием электронных форм учебников. ЭФУ это:

- Содержание печатных учебников, адаптированное для электронных устройств и дополненное мультимедийными компонентами.

- Эффективное средство контроля и самоконтроля.
- Использование закладок, заметок, быстрый переход по ним, а также быстрый поиск страниц, соответствующих печатному учебнику.

С 2013 по 2016 годы, нами был изучен опыт зарубежных коллег («Das umgedrehte Klassenzimmer» – Германия, «Flipped Classroom» – США) по внедрению технологии смешанного обучения (Blended Learning).

В конце 2015 года эксперимент с проведением «перевернутых уроков» был проведен сразу в трех группах. Этот эксперимент был признан крайне удачным, он показал, что так материал усваивается лучше, к тому же дает учащимся навыки самостоятельной работы.

Причина, по которой мы обратились к данной технологии, заключается в необходимости оптимизировать процесс обучения русскому языку и литературе, повысить эффективность домашней работы студентов. Цели, которые мы поставили перед собой, были следующими:

- оптимизация процесса обучения русскому языку и литературе;
- увеличение эффективности выполнения домашних заданий;
- повышение уровня мотивации обучающихся;
- формирование у учащихся чувства ответственности за обучение;
- превращение учащегося в активного участника учебного процесса.

Внедрение технологии состояло из нескольких этапов. Первый – обсужде-

ние с учащимися сути технологии, ее плюсов и минусов, принятие решения об апробации.

Следующий шаг – создание информационной среды. Это может быть персональный сайт учителя, блог на одном из образовательных ресурсов, группа в одной из соцсетей. Нами был создан блог на платформе Google и задействованы авторские образовательные сайты и учебные контенты преподавателя.

Третий этап – создание и публикация в сети цифровых учебных материалов. Мы использовали специально подготовленные презентации по изучаемым темам и видеолекции портала InternetUrok.ru.

На протяжении всего периода использования технологии осуществлялся контроль качества использования цифровых учебных материалов.

Апробация технологии осуществлялась в течение 2015/16 учебного года. В конце периода апробации была проведена диагностика результатов применения технологии. Проведенный опрос показал, что 87% учащихся положительно оценивают опыт использования «перевернутой» схемы обучения, 10% отнесли к новации равнодушно и 3% 1 человек) – отрицательно. 59% опрошенных сказали, что воспринимать новый материал стало легче. 64% отметили, что стали тратить меньше времени на выполнение домашнего задания. К достоинствам технологии «перевернутый класс» учащиеся отнесли перераспределение и экономию учебного времени (34%), до-

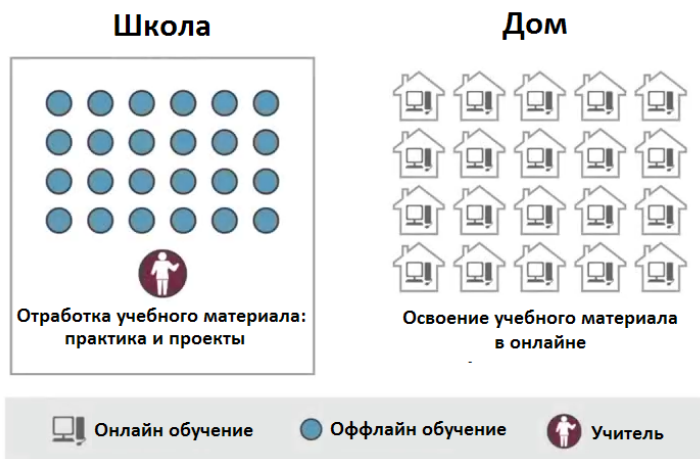


Рис.1. Перевернутый класс

ступность учебного материала и простоту его восприятия (24%) и просто удобство (13%). На вопрос о недостатках 52% опрошенных ответили, что таковые отсутствуют. 32% сказали, что им сложно изучать новый материал без помощи учителя. 100% учащихся хотели бы продолжить использование технологии «Перевернутый класс» в дальнейшем.

Что такое «Перевернутый класс»?

«Перевернутый класс» – это инновационный сценарий обучения. Его отличие от традиционного сценария заключается в том, что теоретический материал изучается самостоятельно до начала урока (как правило, посредством информационных и коммуникационных технологий: видеолекции, аудиолекции, интерактивные материалы и т.п.), а высвобожденное время на уроке направлено на решение проблем, сотрудничество, взаимодействие с учениками, применение знаний и

умений в новой ситуации и на создание учениками нового учебного продукта.

Таким образом, суть методики перевернутого класса можно свести к трём основным компонентам:

Подготовка (подбор или создание) учителем виртуальной образовательной среды: видеоуроков, презентаций, иных материалов и заданий к ним, а также выбор электронного сервиса для обратной связи с учениками.

Организация учебной деятельности: определение учителем ключевых компетенций по теме, форм работы с учениками на уроке, подготовка заданий для работы учеников в классе. В то же время ученики в процессе совместной работы с учителем решают дополнительные задачи: углубление, закрепление и повторение пройденного материала.

Текущая и итоговая оценка знаний и компетенций учеников. Учитель может выбрать совместно с учащимися

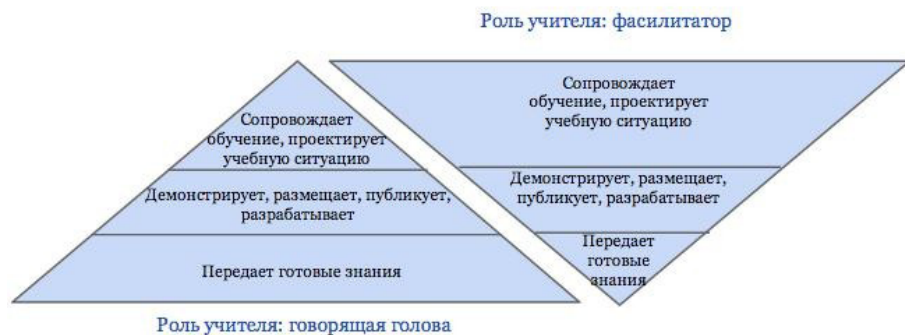


рис.2

несколько форм итоговой работы, например, в виде теста или проекта.

Основное преимущество перевернутого класса заключается в такой организации учебной работы, при которой:

Поддерживается развитие качеств и умений XXI века, таких как сотрудничество, творческий подход, способность решать проблемы, самостоятельность, грамотность в области информационно-коммуникационных технологий (ИКТ);

Обеспечивается возможность для поддержки развития каждого учащегося.

В чем же преимущества «перевернутого» обучения?

Фасилитатор – в переводе с латинского – лёгкий, удобный. Это человек, который обеспечивает успешную групповую коммуникацию.

Как видно из представленных выше треугольников, учитель традиционного подхода в большем объеме передает ученикам информацию в готовом виде и в меньшем проектирует учебную ситуацию.

Учитель, работающий в парадигме лично-ориентированного образо-

вания, в меньшем объеме поставляет ученикам информацию в готовом виде, делая акцент на сопровождении обучения и создании условий для познавательной деятельности учащихся.

Из следующей схемы можно сделать вывод, что традиционный подход постепенно превращает ученика в потребителя, а это не соответствует современным требованиям.

Таким образом, можно выделить несколько главных компонентов, которые нужно учесть при подготовке урока по сценарию «перевернутого» класса:

1. Объем необходимых знаний, который должны получить студенты. Причем лучше всего разделить эти знания на две группы: в первую группу войдут те знания, которые будут переданы непосредственно при помощи видеолекций учителя, а во вторую группу те, которые студенты получают в ходе самостоятельной практической деятельности.

2. Определить виды практических работ, которые будут выполняться на занятиях совместно, индивидуаль-

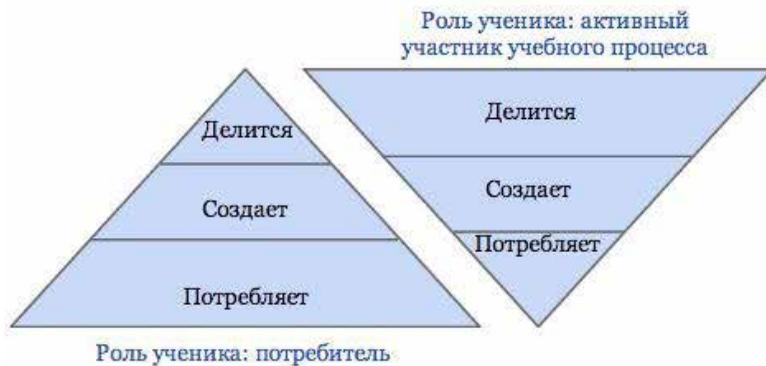


Рис.3

ные и групповые работы, домашние задания.

3. Определить, какие материалы (продукты) в виде конспектов, презентаций, проектных работ должны разработать учащиеся во время прохождения курса. В какой форме они будут представлены преподавателю. Есть ли необходимость сохранить их после завершения обучения или сделать общедоступными в сети Интернет.

4. Приготовить (создать или найти) видеолекции и задания к ним, вспомогательные материалы, содержащие памятки, алгоритмы, шаблоны, на которые будут ориентироваться учащиеся, выполняя свои работы. Ясно, что главным примером и эталоном для работ учеников будут являться материалы (продукты), разработанные учителем, особенно если он выполнил их самостоятельно.

5. Придумать гибкую систему оценивания работ учеников, конкретные критерии для выставления отметок. Причем они должны быть максимально доступны ученикам для того, чтобы

они имели возможность самостоятельно оценить свою деятельность. Оценки не должны наказывать ученика, но показывать ему возможности для дальнейшего совершенствования.

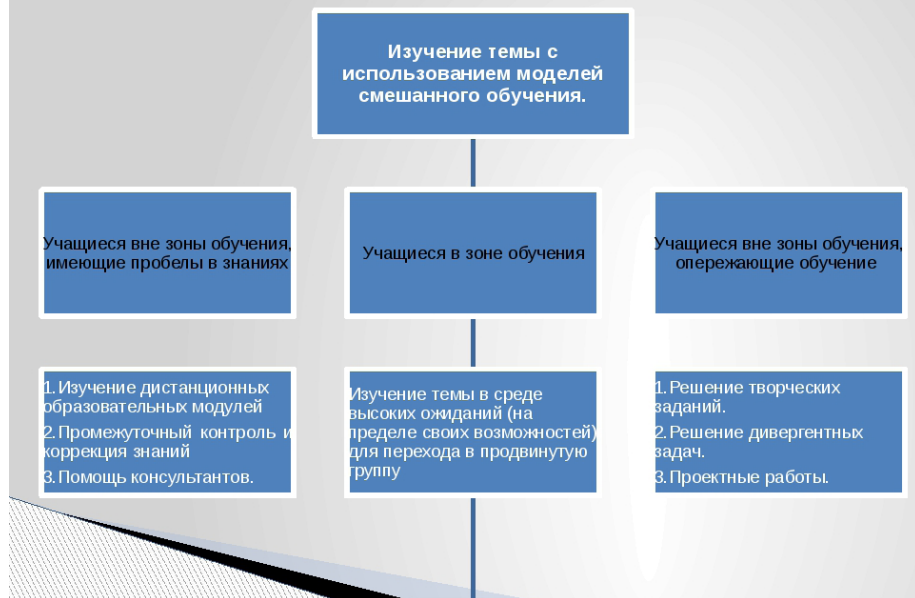
6. Установить виды и способы коммуникации с учениками и получения от них обратной связи. Продумать систему работы, при которой учитель сможет уделить достаточно внимания каждому обучаемому.

Таким образом, смешанное обучение позволяет сделать больше с меньшими затратами и относится к любому сочетанию традиционного и дистанционного обучения, где лучше контролируется, выполняет больше шагов и реализует индивидуальный путь обучения.

Преподаватели предпочитают смешанное обучение, потому что:

- увеличивается количество и качество взаимодействия участников учебного процесса;
- увеличивается возможность для активного совместного обучения;
- помогает подготовиться к дис-

ТЕХНОЛОГИЯ СМЕШАННОГО ОБУЧЕНИЯ



куссиям или лабораторным работам;

- способствует разнообразию использования медиа для представления содержания курса;
- добавляет в обучение новые типы интерактивной учебной деятельности;
- позволяет основное время использовать на активное обучение, сдвигая освоение содержимого курса в онлайн-среду;
- помогает создать чувство общности в больших классах;
- позволяет получить доступ к материалам курса и осваивать их в удобное время, в удобном месте, в своем темпе.

Выделяют четыре характеристики гибридного обучения:

- включает в себя и старые, и новые технологии.
- нацелено на существующих клиентов.
- пытается выполнить работу технологии, которая существовала ранее.
- менее «безопасный» и не приводит к существенному снижению уровня знаний.

В заключении, можно сделать следующие выводы:

- на основе обобщения опыта преподавателей и учителей ФРГ автор статьи создал план действий по внедрению модели «Перевернутый класс» в собственную педагогическую практику;
- после анализа недостатков данной системы был использован творче-

ский подход к их устранению. Например, отсутствие прямого контакта с преподавателем было заменено возможностью использования социальной сети, и электронной почты учителя для установления связи при необходимости по Skype;

– смешанное обучение – это метод, который сочетает в себе традиционное обучение лицом к лицу и некоторые элементы дистанционного обучения. Применение смешанного обучения в преподавании русского языка и литературы имеет ряд преимуществ и недостатков.

– смешанное обучение сочетает в себе преимущества как традиционного, так и дистанционного метода обучения.

С традиционного метода, смешанное обучение дает преподавателю и студентам много возможностей взаимодействовать во время занятий. Все время преподавателя занято преподаванием, наблюдением, оцениванием и получением обратной связи от студентов. Обучение становится более напряженным и эффективным благодаря плотному взаимодействию. Студентам традиционный метод дает много возможностей учиться, наблюдать, задавать вопросы и получать обратную связь от преподавателя. Это интенсивное взаимодействие дает благоприятную среду для развития.

С позиции дистанционного обучения смешанная модель обеспечивает больше гибкости (свободы) в осуществлении образовательного процесса. Гибкость включает в себя не-

сколько аспектов образовательного процесса.

Во-первых, преподаватель имеет больше свободы презентаций учебных материалов. Он уже не обязан выдавать все материалы во время занятий. Преподаватель имеет возможность разделить все материалы во время занятий, скажем, на две части и одну представит во время аудиторной работы, а другая может быть получена учащимися посредством самостоятельной работы в Сети или с другими источниками Интернет.

Во-вторых, смешанное обучение дает преподавателям больше гибкости и свободы в контроле и оценивании. Преподаватель имеет возможность проводить онлайн тестирования, размещать задания и тесты, и даже итоговый тест в конце семестра. Подобная возможность хороша как для преподавателя, так и для студентов. Преподаватель имеет больше времени для оценки деятельности студентов, а студенты имеют возможность работать над своими заданиями из любого места, не приходя в класс.

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МНОГООБРАЗИЯ ЯЗЫКОВ. ТЮРКСКО-СЛАВЯНСКИЕ ЯЗЫКЫ

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Славянские этносы в силу геополитических и экономических причин постоянно были вынуждены находиться во взаимодействии с другими этносами и культурами. Об этом убедительно пишет славянский этнолог К. Мошинский: «...Этнографические факты констатируют, что уже в „первобытных“ условиях жизни и даже при очень редкой заселенности взаимное перекрещивание культурных влияний было очень сильным либо благодаря интенсивному обмену культурными ценностями посредством примитивной, но порой удивительно интенсивной меновой торговли, либо благодаря постоянным войнам, приводившим к обмену женщинами...» [1. С. 58].

Термин «языковые контакты» оказался более емким и абстрактным по сравнению со всеми другими однородными терминами, уже имевшимися в языкознании, отсюда и его быстрое распространение и популярность. Некоторые исследователи (например, Е. Верещагин) видят в этом противоречие и считают, что понятие «языковые контакты» должно использоваться только чисто в лингвистическом смысле.

«В связи с этим значение термина «языковые контакты» можно было бы определить следующим образом: два

языка (А и Б) находятся в контакте, если речь (текст), порождаемая на языке А, содержит в себе элементы и/или отношения языка Б, или наоборот, речь на языке Б включает в себя элементы и/или отношения языка А, а также если элементы и/или отношения языка А проникают и обнаруживаются в системе языка Б, и наоборот. При таком понимании языковых контактов мы фактически имеем дело только с результатом взаимодействия двух языков на всех уровнях (фонологическом, морфемном, лексемном и грамматическом), причем не только в области речи (текста), но и в области системы» [3. С. 108].

Лингвистическому изучению тюркизов в словарном составе русского языка посвящено большое количество работ как академика Э.И. Фазылова, памяти которому посвящена сегодняшняя конференция.

Под термином «тюркизм» понимаются слова, вошедшие в русский язык посредством или непосредственно из тюркских языков.

В научной литературе не раз отмечалось, что интерес к тюркским языкам проявляется, начиная с древней Руси (в XIII в.), когда возрастает роль устных переводчиков – толмачей – в

период монголо-татарского нашествия для поддержания связей древнерусских княжеств с ханами Золотой Орды. Однако Х.Х. Махмудов указывает на то, что «тюркизмы в русском языке – явление доисторическое, а не XIII в.

В лингвистической и исторической литературе существуют различные точки зрения на периодизацию русско-тюркских языковых контактов, но, как отмечает Х.Х. Махмудов, славянские народы, прежде всего восточные славяне «с древнейших времен соседнили с некоторыми народностями тюркского происхождения, были связаны и экономически и политически, вели непрерывные войны друг против друга, поэтому и заимствования (взаимные) в этих языках начинаются еще в доисторический период. Отсутствие более древних памятников письма не дает нам возможности дать более или менее точную периодизацию (установить даты) проникновения тюркских элементов в славянские языки и славянских элементов в тюркские языки» [13. С. 69].

Выделяется следующие периоды развития русско-тюркских языковых контактов:

первый период – период до образования Киевской Руси (I–VIII вв.) – «характеризуется взаимодействием славянских диалектов с диалектами иранских и финских племен, и с диалектами тюркских племен». В это время в древнерусский язык проникают устные заимствования типа алтын, товар, каган, ковер и мн. др.;

второй период – период образова-

ния Киевской Руси (IX–XII вв.) – «характеризуется уже более тесными связями и взаимодействием древнерусского языка сначала с языками тюркских племенных союзов – печенегов и т.д., а затем с языком «половцев». От заимствования этого периода русский проникли считанные слова. Их место в лексической системе удобно оценить на примере «Слова о полку Игореве». Всего в главном памятнике древнерусской словесности, около 45 тюркизмов; практически все они относятся к половцам, о походе Игоря на которых идёт речь. В современном русском представлены лишь редкие из них: это слова телега, жемчуг, болван, басурман, башмак, камыш, и др.; Среди других ярких домонгольских тюркизмов – слова боярин, лошадь, ватага. Русский богатырь тоже совсем не русский: слово, означающее былинного героя, отличающегося умом и силой, взялось из тюркских языков, где оно значит «смелый, военачальник, герой»; ему родственно киргизское батыр. Появление «о» в первом слоге тут объясняют влиянием русского слова богатый. Действительно, например, в Смоленской и Курской областях слово богатырь значило «богач», что зафиксировано региональным словарём; это же значит и белорусское багатыр. Да и саму Орду «ордой» на Руси называли ещё до Орды: это слово тюркского происхождения было взято не у тюрков, а скорее всего, у половцев. Оно обозначает союз нескольких кочевых племён, в переносном значении – беспорядочную большую толпу или даже

банду. В древнерусском слово орда значило лишь «стан, кочевье»; то, что у этого слова не было связанного второго значения «армия», указывает на ранний срок заимствования;

третий период – период после монгольского нашествия (XIII–XV вв.), «когда древнерусские княжества находились в вассальной зависимости от Золотой Орды, а древнерусский язык подвергался значительному воздействию тюркских, кыпчакских диалектов, распространенных по всей обширной территории, подвластной Золотой Орде». Многие из них относятся к торговой сфере, отражая приспособленческий характер отношений Москвы с ханами. Типичный пример – это слово деньги. Деньгой называли мелкую серебряную монету – «чешуйку», которая со второй половины XIV века чеканилась в Москве, Новгороде, Рязани и других центрах. Оно происходит от тюркского слова, означавшего серебряную монету разной стоимости, в том числе и рубль; название казахстанской валюты – тенге – этимологически родственно российским деньгам. Корень слова, от которого произошла денга, в ряде тюркских языков (узбекском, казахском, киргизском, татарском).

Прежде чем связать деньги, о которой уже шла речь, с тюркским названием монеты, учёные обсуждали ещё одну – как выяснилось, неверную – тюркскую этимологию: от слова тамга. Сейчас оно значит родовой фамильный знак у абхазов, башкир, казахов, киргизов, осетин, марийцев и других

народов. В исходном монгольском оно означало «тавро, клеймо»; в период Золотой Орды слово получило распространение в странах Средней Азии, Восточной Европы, Ближнего и Среднего Востока, Кавказа и Закавказья, где, помимо прежних, приобрело новые значения – «документ с ханской печатью», «(денежный) налог». И хоть деньги не происходят от слова тамга, от него, несомненно, происходит современное слово таможня: на товары, облагаемые податью, ставились знаки тамги. Таможенником уже в 1267 году назывался сборщик особой подати при татарском управлении в Древней Руси; глагол тамжить означал «облагать пошлиной».

Слово караул, значившее в тюркских языках дозор, стражу и происшедшее от глагола «смотреть». В разных тюркских языках это слово может значить не только сторожевой отряд или пост, но и, например, мушку на ружье.

Восточное происхождение оказывается и у очень русского слова – и русского предмета – кафтан («старинная долгополая верхняя мужская одежда, обычно шитая из сукна»): оно пришло либо из персидского при тюркском посредничестве, либо непосредственно из тюркского. Заимствование произошло в XIII–XV веках, после падения Киева. Исследователи считают, что кафтан – составное слово из двух корней, значивших соответственно «мешок» и «платье».

Тюркизмом, скорее всего, является и слово таракан: наиболее убедитель-

ное его этимологическое толкование – «расползающийся во все стороны».

Русское *хозяин*, встречающееся у Афанасия Никитина – это, очевидно, персидское *ходжа*, пришедшее через тюркские языки.

Собственно, «Хождение за три моря» (1466-1474) и стоит считать апофеозом проникновения тюркизмов в русскую словесность.

В это время в древнерусский язык посредством кипчакского языка проникают слова *атаман*, *хаджи*, *хан* и т.д.; четвертый период – период русской колонизации и присоединения к России бывших Казанского, Астраханского, Сибирского и Крымского ханств, а также народов Кавказа, Средней Азии (XVI–XIX вв.).

В это время проникают через тюркские и посредством тюркских языков слова *башибузук*, *бахрома*, *изюм*, *рундук*, *кинжал*, *чалма*, *эфенди* и др.; пятый период – период активизации языковых контактов народов бывшего СССР – начало XX в. по настоящее время. В данный период проникают в современный русский язык слова, называемые узбекизмами, казахизмами и т.д., как, например, *акын*, *басмач*, *душман* и т.д. Число поздних заимствований из турецкого языков можно множить; среди них немало совершенно неожиданных. Слово *изъян* только кажется происходящим от русского глагола *изъять*: на деле это персидское слово, заимствованное через турецкий, со значением «ущерб, убыток». Простое слово *таз* также пришло от турок и крымских татар: этимологиче-

ски оно родственно немецкому *Tasse*, французскому *tasse*, итальянскому *tazza*, которые значат «чашка». *Кобура* происходит от турецкого слова «футляр».

Даль производит слово *карапуз* от слов *короткий* и *пузо*, однако это, очевидно, так же неверно, как возводить его ко французскому *caroussin* («коротышка», «малыш»). На самом деле слово, очевидно, восходит к тому же слову, что и слово *арбуз*, и получилось путём метафоризации: *карапуз* – это кто-то круглый, как *арбуз*.

Как отмечает В.П. Гущина, с конца XVII–XVIII вв. начинается качественно новый период для функционирования тюркизмов. При этом «происходит некоторый спад активности тюркизмов, что объясняется значительной конкуренцией лексических заимствований из западноевропейских языков: количество тюркизмов не выдерживает этой конкуренции и постепенно выходит из употребления или закрепляется за более узкой сферой функционирования». В результате столкновения тюркизмов и западноевропейизмов определяется стабильный пласт тюркских слов, который и сохранился в лексической системе русского языка до настоящего времени [14. С. 3].

Во второй половине XVII в. ввиду тесных контактов с Западом русский язык пополнился большим количеством заимствований (вертикальный, циркуль, фигура, фабула, трагедия, канцлер, капитан, майор, рота, шпага и др.), а в XVIII в. наблюдается усилен-

ное употребление заимствованной лексики (армия, батальон, гарнизон, милиция, бригантин, каравелла, флот, мачта, трюм, адмирал, фабрика, цех, кран, адмиралтейская коллегия, прокурор и т.д.).

Тюркизмы в русском языке – слова, заимствованные из тюркских языков в русский, древнерусский и праславянский языки в разные исторические периоды. Лингвистический термин тюркизм достаточно широк. Во-первых, им называют простейшие и самые распространённые случаи: заимствования тюркских слов из тюркских языков. Однако также лингвисты говорят о тюркизмах, если слово из других языков (персидского или арабского, например) пришло в посредством тюркского. Наконец, если этимологически тюркское слово появилось в русском через голову другого языка, его тоже можно объявить тюркизмом.

Тюркизмами называются также слова тюркского происхождения независимо от языка-посредника. Основная масса заимствований приходится на период XVI–XVII веков.

Каждый из периодов различается интенсивностью языковых контактов и составом заимствованной лексики.

В настоящее время интерес к памятникам русской письменности в Узбекистане не ослабевает по ряду причин. Во-первых, в Узбекистане проживает русский народ, который, начиная с древнего периода, проживает на его территории, сохраняя при этом язык, культуру, вероисповедание, традиции

и обычаи; во-вторых, в архивах Узбекистана имеются фонды по русско-тюркским взаимоотношениям XVI–XIX вв., требующие комплексного изучения. В полилингвальном обществе Узбекистана наблюдаются тесные языковые контакты, которые становятся предметом изучения не только лингвистов, но и историков, философов, психологов.

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Аннотация

МНОГООБРАЗИЯ ЯЗЫКОВ. ТЮРКСКО-СЛАВЯНСКИЕ ЯЗЫКИ

Ж.Жалилов

Мақолада туркий ва славян тилларнинг қўшилиши, рус тили ватуркий тилларнинг тарихий туташishi масалаларикўрилиб. IX-XXаср турк ва рус халқларининг муносабатларига нисбатан «тиллар муносабатлари» тушунчаси очиб берилган. Туркий сўзларнинг рус тилидаги ўрни ва фаолияти тасвирланган.

Таянч сўзлар: Етнографик фактлар, тил муносабатлари, рус-туркий тил алоқалари, мўғилларгача бўлган туркийлик, қадимги рус славян тиллари, туркийлик, мўғил-татар хужумлари.

Аннотация

МНОГООБРАЗИЯ ЯЗЫКОВ. ТЮРКСКО-СЛАВЯНСКИЕ ЯЗЫКИ.

Ж.Жалилов

В докладе рассматриваются вопросы изучения тюркских и славянских языковых контактов, раскрывается понятие «языковые контакты» применительно к тюркско-русским отношениям в IX– XX вв., описывается роль и функционирование тюркизмов в русском языке.

Ключевые слова: Этнографические факты, языковые контакты, русско-тюркские языковые контакты, домонгольские тюркизмы, древнерусский и праславянский языки, тюркизм, устные переводчики-толмачи, монголо-татарские нашествия.

Annotation

VARIETY OF LANGUAGES. TURK-SLAVIC LANGUAGES.

Jalilov Javohir.

The report examines the study of Turkish and Slavian language contacts, reveals the concept of “language contacts” in relation to Turkish-Russian relations in the 9th – 20th centuries, describes the role and function of these languages.

Key words: Ethnographic facts, language contacts, Russian-Turkish language contacts, pre-Mongolian Turkism, Old Russian and Proto-Slavic languages, Turkism, Mongolian-Tatar invasions.

BENEFITS OF USING GAMES IN TEACHING ENGLISH

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student of Namangan State University

Annotation: In this article there is given information about advantages of using interactive games in English classes. Effective outcomes that can be achieved through games are described and explained. As well as, some disadvantages of using games in class are shown and solutions to these problems are given.

Key words: games, fun activities, motivating, advantages, disadvantages, cooperative learning, fluency

In teaching languages, games and fun activities play important role. There are a number of reasons that games deserve a place in the language classroom. The first of all, they are fun and they can easily get language learners involved in teaching –learning process. Secondly, games and fun activities are estimated to be effective way of teaching language. Thirdly, they are the best tool of motivation which is really needed in learning. If learners are motivated and encouraged, they feel free, confident. Games promote interaction, thinking, learning, and problem solving strategies. Games often have an aspect that permits the players to produce information in a short time period. Some games require the players to engage in a physical activity and complete a mental challenge. As Martinson and Chu states, “Games are effective tools for learning because they offer students a hypothetical environment in which they can explore alternative decisions without the risk of failure. Thought and action are combined into purposeful behavior to accomplish a goal. Playing games teaches us how to strategize, to consider alternatives, and to think

flexibly”.¹ Games provide a constructive classroom environment where students are central.

Games offer students a fun-filled and relaxing learning atmosphere. In this way learners acquire new knowledge through pleasure and without hard work. In other words, students have the opportunity to use language in a non-stressful way. This eases the fear of negative evaluation, the concern of being negatively judged in public, and which is one of the main factors inhibiting language learners from using the target language in front of other people. In a game oriented context anxiety is reduced and speech fluency is generated thus communicative competence is achieved.

According to the scholar Prasad, games introduce the element of competition into language-building activities. This provides valuable impetus to a purposeful use of language. The competitive feature of games also makes learners

1 Martinson, Barbara, and Sauman Chu. “Impact of Learning Style on Achievement When Using Course Content Delivered Via a Game-based Learning Object.” In Handbook of Research on Effective Electronic Gaming in Education, edited by R. E. Ferdig, 478-488. Pennsylvania: IGI Global, 2008. P. 478

concentrate and think intensively during the learning process, which enhances unconscious acquisition of inputs. According to the researcher Uberman most students who have experienced game oriented activities hold positive attitudes towards them.

The benefits of using games in language-learning can be summed up in following points.

Games are learner centered. Students are in the centre of language learning. They are active participants of fun activities.

Games are motivating and encouraging. Students can easily get involved in actions and fun activities. They with pleasure carry out the tasks which are given.

Games reduce stress and learning anxiety. Free stress atmosphere make learners be confident and active.

Games improve integrated language skills. Through interactive games students have a great opportunity to develop their reading, writing, speaking and listening skills.

Games construct a cooperative learning environment. While learners are activating games they support each other, work cooperatively. In this way they take great pleasure and also improve their real life skills.

There are many advantages of using games. According to Richard – Amato: “Games can lower anxiety, thus making the acquisition of input more likely”. The scholar Hansen also mentioned that they are highly motivating by being entertaining, and they can give shy students more opportunity to express their opinions and feelings. They also enable learners to ac-

quire new experiences within a foreign language with are not always possible during a typical lesson. Furthermore, to quote Richard-Amato, they “add diversion to the regular classroom activities,” break the ice, “but also they are used to introduce new ideas”. The scholar Wierus added to mentioned ideas that in the easy, relaxed atmosphere which is created by using games, students remember things faster and better.

There are many factors to consider while discussing games, one of which is adequacy of their usage. Teachers should be very careful about choosing games if they want to make them profitable for the learning process. If games are to bring desired results, they must correspond to either the student’s level, or age, or to the material that is to be introduced or practiced. Not all games are appropriate for all students irrespective of their age. For example, children benefit most from games which require moving around, imitating a model, competing between groups and the like. Furthermore, structural games that practice or reinforce a certain grammatical aspect of language have to relate to student’s abilities and prior knowledge. Games become difficult when the task or the topic is unsuitable or outside the student’s experience.

Another factor influencing the choice of a game is its length and the time necessary for its completion. Many games have a time limit, but the teacher can either allocate more or less time depending on the students’ level, the number of people in a group, or the knowledge of the rules of a games.

Games are often used as short warm-up activities or when there is some time left at the end of a lesson. Yet, as Lee observes, a game “should not be regarded as a marginal activity filling in odd moments when the teacher and class have nothing better to do”. Games ought to be at the heart of teaching foreign languages.

Although games have a lot advantages in teaching languages, we can not deny some disadvantages as following:

Games are noisy. With their competitive way games result in noise in class.

Games are time consuming. Because of being enjoyable, in some cases it is hard to finish on time. Participants don't want to end and are eager to continue.

Games can lead to inconvenient cases, if any sides lose in it.

In conclusion, we agree that even if games resulted only in noise and entertained students, they are still worth paying attention to and implementing in the classroom since they motivate learners, promote communicative competence, and generate fluency.

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EFFECTS OF WORDLISTS FOR VOCABULARY LEARNING AND TEACHING IN THE EFL CLASSROOMS AS WELL AS COMPARING WORDLISTS AND MOBILE LEARNING

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Abstract

Vocabulary acquisition is one of the most important aspects of language learning. As it plays a big role in the development of second language. Present study aimed at finding out the effects of wordlists in vocabulary development and comparison between mobile phones and wordlists in the order of educational standards of the Republic of Uzbekistan. This study compared the use of two strategies for vocabulary learning among 100 (57 male and 43 female) students who are studying English Literature in Namangan State University. The results showed that the use of wordlists for enriching vocabulary would be a better strategy which is compared to other paramount techniques and strategies.

Key words: wordlist learning, vocabulary development, learning environment, memorization, enhance, target vocabulary, adequate explanation, mobile phones.

Vocabulary learning is one of the most important process of learning a foreign language. According to Ahmet Basal, vocabulary teaching is the heart of developing proficiency and achieving competence in the target language (Basal et al, 2016). Vocabulary learning has been under investigation for along time. There are a number of techniques and technologies which enhance vocabulary learning such as wordlists, flashcards, learning by mobile phones or computers. One of the oldest and unique vocabulary learning strategies is a wordlist strategy. Sasan Baleghizadeh stated that one of the old-fashioned vocabulary learning is called list learning.

Both teachers and students can generate the word list strategy; however, the words are learned out of context and the main emphasis is on repetition and

memorization (Baleghizadeh, 2010). Yet, we consider that wordlists motivate the teachers and students to work together with painstaking help to understand each other. Michael Lessard Clouston implies that the wordlists can guide both English teachers and students attention and efforts for comprehension and production of English vocabulary (Clouston, 2013). As vocabulary is the backbone of any language, developing language skills effectively is up to the vocabulary richness. According to Talarposhti and Pourgharib, vocabulary is a care component of language proficiency and provides much of the basis for how well learners speak, listen, read, and write (Talarposhti and Pourgharib, 2014). Actually in the classroom, interaction abilities in target language has been a concern for students. Conse-

Table 1.

Group	Number of students	Word	Mastering	Total percent
Experimental	50	600	580	96.6 %
Control	50	600	400	66.6

quently, the place of vocabulary learning is becoming important in spoken interaction and spoken production. Without extensive vocabulary knowledge, even those who show mastery of grammar might experience the failure to communicate. Furthermore, writing also demands knowing and using vocabularies appropriately. Additionally, we can see the effects of vocabulary knowledge in reading and translation studies so vocabulary supports the four language skills of English. Jihyun Nam emphasized that vocabulary supports not only the four language skills of listening, speaking, reading, and writing, but also mediates between ESL students and content-area classes in that these students often find that lack of vocabulary knowledge is an obstacle to learning (Nam, 2010).

In comparison to wordlist learning technique, mobile phones are also being used for learning the target language, but which one is more effective, what kind of advantages and disadvantages they have? These questions demanded an experiment. According to an educational standards of the Republic of Uzbekistan, students are not allowed to use mobile phones in the classroom, because using mobile phones may interrupt others' attention during the lesson. To find out the students' attitude towards the use of

wordlists in the classroom, an experiment was held about two learning strategies. This study compared the use of two strategies for vocabulary acquisition among 100 students who are studying English Literature in Namangan State University. It is noticeable from the results that the use of wordlists for vocabulary learning would be a better strategy in comparison to other techniques. The participants of the study were 100 freshmen students of Namangan State University where 50 (27 male & 23 female) of students were an experimental group and 50 (27 male & 23 female) of them were under control group. All students of two groups were asked to learn the target words in twenty days. The target book was "Essential 1" by Paul Nation. Experimental group were given wordlists and the control group were allowed to use mobile phones during the testing days. In other words, an experimental group learned the target vocabulary items through wordlists while the control group learned the same vocabulary through mobile phones. After the planned period a paper-based vocabulary was clarified. Results showed that the using of wordlists is better strategy than mobile phones. By working in pairs, sticking the lists on the wall at home, practicing over and over the experimental group managed to master target vocabulary adequately and reached high results.

Table 2.

Advantages	Disadvantages
<ul style="list-style-type: none"> ● Students can easily practice wordlists ● Students can work out on wordlists – marking, taking notes, crossing the words etc ● Wordlists can be used as a game for vocabulary learning among learners ● Students can easily revise unforgotten words ● Wordlists can be used by sticking on the wall ● Wordlists do not distract to the learning environment 	<ul style="list-style-type: none"> ● Students may come across to the words which are misunderstandable or without an adequate explanation ● If the student cannot remember the synonym or another version of the target work while reviewing, it takes long time to find quickly ● It is hard to pronounce difficult words without truly sounds of that words and transcription

This remained the case, wordlist learning is an extraordinary and an effective way, cause for that they can be easily practiced, revised. Additionally, they can be used for interactive games by a teacher in the classroom. Yet, the disadvantages of wordlists are also unavoidable. There are some advantages and disadvantages of wordlists:

As a method:

It is necessary to use different and new strategies in the classroom so as to make the learners understand adequately and learn easily. On the other hand, different strategies are different learning environments, too. Especially, using a new strategy based on vocabulary learning is useful not only for students, but also for teachers. The teachers should spend their time on teaching vocabulary so as to help their students to deal with new words as much as possible. Gilbert Dizon says “It is important for teachers to place emphasis on the second language vocabulary that will be beneficial to EFL students according to their abilities, interests, and goals” (Dizon, 2016).

By revising on and on, teachers also improve their own experience. According to Azabdaftari and Mozaheb, it is the responsibility of ESL and EFL teachers to

motivate the learners with new strategies in vocabulary learning (Azabdaftari and Mozaheb, 2012).

Discussion:

As stated above, list learning is one of the old-fashioned vocabulary learning and this method is still in a line. Students can learn the words on the paper without confusion. Wordlists motivate a student as well as a teacher to work together. Working together helps both to create a closer bond between them. On the contrary, mobile phones are being used as a tool of language learning, but there are some disadvantages and problems with mobile phones. First of all, mobile phones (smartphones, androids) are dangerous for human body. Second of all, all the students do not have mobile phones to be used for vocabulary learning or phones may have a small size of the screen.

To sum up, we can emphasize that there are many important issues in teaching strategies which have not been opened yet. As it is mentioned above, vocabulary learning has been under investigation for along time by many researchers. Using different strategies in teaching-learning process is so important to excellently create an English environment and to achieve tremendous results.

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ABOUT THE HISTORICAL BUILDING OF LANGAR ATA

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Annotation: *There are a lot of ancient and rich history and places of worship in Uzbekistan. Over the years of independence, some of them have been restored and the surrounding landscapes have been beautified. At the same time, there are many historic sites and places of pilgrimage, which have not yet been studied, and have a voyage and travel destination. Studying, researching, and promoting them is one of the challenges facing today's researchers. Located in the Kashkadarya Province, Langar ota is a historic-architectural complex that expects its in-depth study.*

Key words: Mausoleum, mosque, Bukhara masters, Abdisobir Rayimkulov, Ibn Khaval, Colonel Belyaev, B. Kastalsky, B. Litvinov, S. Kabanov, M. Masson

В современной политической карте Центральной Азии находится государство суверенная Республика Узбекистан, которая известна тем, что у неё богатая история и она вырастила великих ученых, которые внесли огромный вклад на развитие человеческой цивилизации, особенно известна тем, что на ее территории находится много паломнических мест для путешествия и для паломничества.

Одно из таких паломнических мест – это архитектурный комплекс Лангарота (Отец). Это паломническое место находится в деревне Большой Лангар в районе Камаша в Кашкадарьинской области, которое относятся первой половине XVI столетия (предположительно 1520 годы). Мечети и мавзолея построены в конце XV века и в начале XVI во время деятельности правления «шейхов Большого Лангаря», когда они достигли власти и большого уважение. Как пишется в источниках, в своё время что бы увидит и совершить паломничество для больших шейхов

приезжали из всего Мевароуннахра. Самый известный из шейхов это Мохаммед Садик Ишкий, живший в 1460 – 1545 годах. Он руководил строительством мечети и после строительством мавзолея, которое сохранилось до наших дней. Среди народа Мохаммед Садику называли «Лангарота» («отцом Лангаря»).¹ Сперва остановимся на термине «Лангар». Лангар – сохраняет стабильность действия и равновесия. Например, канатоходец что бы остаться на канате пользуется палкой лангар, чтобы остановит судно, пользуются крюкообразным металлическим предметом. Место остановки караванов для отдыха, которое находится на возвышенностях называется лангаром, то и есть местом для остановки.² Также, здесь в своё время основались великие мыслители, которые вместе с агитацией религиозных и мировых наук, побуждали народ за равновесие мира, непоколебимости и

¹ www.Qadamjo.uz

² www.1news.uz

за равновесие солидарности. И поэтому в Узбекистане много деревень под названием Лангар.

В мавзолее погребены отец Мохаммеда Сади́ка шейх Абул – Хасан Ишкий (умер 1491 году), его сын (умер 1560 году) и он сам. На могильных камнях мавзолея сохранены сведения нескольких представителей из этой династии, а также в мавзолее есть безымянный камень, который принадлежит принцу из потомков Темура.

В архитектурной структуре мечети вместе с традиционными элементами можно увидит и особенные черты. Комплекс состоит из двух молельни и в передней части есть веранда в соответствии с горной территорией Центральной Азии. На веранде установлены столбы с вырезанными рисунками в двух рядах. На потолке собраны перекладины и Вассы в традиционном стиле, и они красиво разукрашены, они в малой молельни опираются на 4 столбах, а в большой молельни опираются на 5 столбах. Малая молельня древнее, её стены построены на основе каркаса, потом рядом соорудили большую молельню и общая веранда.³

Стоит обратить внимание на декоративные надписи внутри михраба, там сохранены 1519 – 1520 годы, 1562 – 1563 годы, 1748 год и 1807 – 1808 годы (даты стройки и реставрации).

Красота большой молельни состоит в том, что цветы нарисованы изразцовыми декорациями. Михраб и настенные декорации хорошо сохранены.

Мы можем увидит высокое мастерство стройки на окнах решетки из вырезанного ганча, на столбах и на мраморных столбах.

По декоративным надписям мечети, основная часть стройки была закончена 1519 году. Однако годы (1748 год и 1807 – 1808 годы), которые высечены на вырезанных дверях и столбах означают то, что Бухарские ходжи в эти годы вели реставрационные дела.⁴

Памятники, которые находятся в мавзолее Лангарота построены в конце XV века – в середине XVI века. Гробница Мохаммед Сади́ка (1465-1545), Абул Хасана (умер в 1491-1492 годах) и других авторитетных людей находится здесь, а также гробницы Тимурских принцев и сохранились надписи в могильных камнях.

Мавзолей (140x12,5 м) опирается на порталный куполь, на одну комнатную (5,2x5,2) и на четырех пересеченных арках. Шитовидные багалы, сетчатые ниши, декоративные арки резной капитальной деревянной колонны декорированы двух слоёным цветным высеченным ганчом в подрезном стиле. Кирпичи расставлены в стилях «бандак» и «мавж» на лицевой стороне мавзолея.⁵

По мнению известного археолога Абдисоби́ра Раимкулова, в мавзолее похоронены шейхе тариката (путь духовного совершенствования или направление) ишкия в суфизма, Абул

3 Национальная энциклопедия Узбекистана. Пулат Захидов. Мечеть Лангарота

4 www.Qadamjo.uz

5 Национальная энциклопедия Узбекистана. Пулат Захидов. Мечеть Лангарота



Хасан Ишкий, его сын шейхзада Мохаммед Садик и его внук Абул Хасан Охунд. По рукописям средневекового писателя Ибн Хавкала, эта деревня входила в состав Сиямского района в области Кеш. Название этого района было известно, особенно, после 776 годов. Здесь основались восставшие местные повстанцы во главе с Муканной против Арабского халифата.⁶

Полковник Бельявский, который в 1889 году организовал военные походы в восточные территории Бухарского Эмирата, записал в своих воспоминаниях памятники, которые расположены в деревне Лангар. Русский военный инженер Б. Касталский в первые научные оценки оценил паломнические места и

⁶ www.1news.uz

архитектурные памятники, расположенные в этой деревне. Он возвращаясь из Термеса останавливается в деревне Лангар и знакомится с местными памятниками, фотографируя их. Эти фотоснимки были продемонстрированы в 1888 году в Ташкенте в первой фотовыставке Туркестана и заслужило внимание зрителей. После этого приехавший в деревню Лангар художник Б. Литвинов, знакомится с местными историческими памятниками и древними сооружениями. Он собрал впечатления, пишет статью и в 1910 году печатает в газете “Туркестанские ведомости”. Кроме этого, в 30 годы XX века археолог С.Кабанов, в 60 годы М. Массон остановились в этой деревне и изучали местные исторические памятники.

ки. Они прочитают надписи мавзолея и соберут много информации про жизнь Лангарских шейхов.⁷

Исторически–архитектурный комплекс Лангарота (отец) считается редким примером архитектура Центральной Азии, на основе изучения и исследования этих памятников, мы можем удостовериться, что у наших предков было высокое мастерство и способность в архитектуре. Выше сказанные слова свидетельствуют о глубоких знаниях и изящном вкусе наших предков и вместе с этим ценный для всех нас в

⁷ Шарапов Ш. Лангар ота зиёратгохи: Асрлар силсиласидаги мувозанат. www.1news.uz

качестве духовного богатство нашей страны.

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CLINICAL FEATURES OF CHRONIC KIDNEY DISEASE IN WOMEN WITH MENOPAUSE SYNDROME

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Abstract

Most of women with dialysis-dependent chronic kidney disease (CKD) come in stage-5 who are in the postmenopausal age group. Early menopause is reported for all CKD stages. The traditional explanation of menopause and pre-menopause is not applicable in CKD stage 5(D) because menses can resume with hormone replacement therapy or kidney transplantation methods. Treatment of vasomotor symptoms remains the primary indication for hormone replacement therapy, without any research dosing, specifically designed for populations with CKD or kidney transplantation. Similarly, the risk of cardiovascular disease and osteoporosis in menopause is well described in healthy women, but the role of menopause in accelerating the risk of transplantation of CKD/kidney remains to be explored. The lack of data and specific recommendations for the management doing the long-term effects of menopause one of the most underrated and forgotten problems of the patient in clinical nephrology. The effectiveness and side effects of commonly available therapeutic options in healthy women for clinical manifestations associated with menopause, whether hormone replacement therapy vasomotor symptoms or antiresorptive agents for osteoporosis should be checked by kidney transplant and CKD populations. Longitudinal clinical trials require the definition of menopause in CKD and determining role played by CKD in the period of menopause and menopause on the manifestations of CKD.

Keywords: menopause; chronic kidney disease; cardiovascular risk; vasomotor symptoms.

INTRODUCTION

Vasomotor symptoms (VMS) are common symptoms of menopause, occurring in 30-50% of cases of perimenopause, and 30-80% of women in postmenopausal period. While the pathogenesis of the Navy is not fully understood, the Navy is believed to be due to thermoregulatory dysfunction, leading to exaggerated activation of heat dissipation, including peripheral vasodilation and sweating.

Vasomotor symptoms were associated with higher prevalence of cardiovascular risk factors and subclinical markers of cardiovascular disease. Consequently, the Navy can help to identify women with increased cardiovascular risk. Indeed, participants in the Initiative for the protection of women's health (PWH) that was developed by the Navy after menopause (late VMS), were at increased risk of cardiovascular events and mortality, whereas women with early VMS were

lower compared to women who had never experienced the Navy. It was reported that chronic kidney disease (CKD) affects 15% of all women in the United States, but relatively little is known about the relationship between CKD and menopause.

Women with end-stage renal failure have features of accelerated aging, premature menopause, bone fractures and cardiovascular events. Women with earlier stages of CKD experience premature cardiovascular morbidity, but also may experience an excessive burden of fractures, however research menopausal characteristics across the entire spectrum of renal function do not exist. In this study, we sought to examine the Association between CKD, the symptoms of menopause (particularly VMS), mortality and cardiovascular events. We hypothesized that women with CKD will have earlier and more severe menopause symptoms. Given that late VMS (i.e., not present during menopause, but appearing later) are associated with increased cardiovascular (CV) risk, we hypothesized that the relationship between late VMS and mortality and CV events is increased in women with CKD.

Premature menopause, defined as secondary amenorrhea, is common in women with kidney disease. In addition, an aging population has led to increase in postmenopausal women with kidney disease. Although the pathophysiology is poorly understood, liver transplantation and more frequent hemodialysis may restore menstruation and fertility, highlighting the problems of diagnosis and management of menopausal transition

women with kidney disease. Levels of sex hormones in postmenopausal women affect renovascular physiology, but the clinical impact of menopause on renal function is unclear. There are no recommendations on the use of postmenopausal hormone therapy among the population with kidney disease and study of the effect of postmenopausal hormone therapy in patients with kidney disease is limited to surrogate indicators of cardiovascular risk and fractures. Study examining the effect of postmenopausal hormone therapy on renal function and albuminuria, have reported conflicting results, which probably reflect differences in the composition, the route of administration, accompanying progestin and the timing of the start of treatment. Large, prospective study examining the relationship between renal function and menopause, as well as the impact of postmenopausal hormone therapy on important clinical outcomes in women with kidney disease.

The time and duration of VMS was analyzed Catharine L. Cheung et al. using categories previously identified WHI as follows:

(1) no VMS, if women reported that had never experienced VMS

(2) early VMS, if women reported VMS that started before menopause, but was not present at baseline of the study,

(3) constant VMS, if the women reported VMS, which began to menopause and was present at the initial study level,

(4) late VMS, if women reported that had VMS to menopause, but reported VMS at baseline of the study.

We also evaluated, and changed if

Table 1.

Diagnosis of CKD depending on the state of kidney function and the presence of damage markers

GFR,	Renal damage markers	
	Yes	No
≥ 90	CKD	Norm
60-89	CKD	Risk group
< 60	CKD	CKD

CKD the connection between late VMS and mortality from all causes, coronary heart disease (CHD) and cerebrovascular disease (CVD). Mortality was determined by a record of hospitalization from the time of death and the corresponding hospitalization to death, if you were in-hospital death, and also records the opening and the diagnoses of death certificates. To find out the cause of death for all participants, data were linked with national death index National center for health statistics throughout the study. Ischemic heart disease was defined as hospitalized myocardial infarction (MI), a certain quiet MI and coronary death. Myocardial infarction was defined by medical history, electrocardiogram and results of cardiac enzymes / troponin. Cerebrovascular accident was defined as rapid onset of persistent (lasting more than 24 hours) neurological deficit associated with obstruction or rupture of the brain arterial system without evidence of another cause. The events were considered officially trained judges after self-reporting through the annual (observational studies) or semianual (clinical trials) questionnaires.

On the other hand, vasomotor symptoms (VMS) are common symptoms of menopause, occurring in 30-50% of cases

of perimenopause, and 30-80% of women in post-menopausal period. While the pathogenesis of VMS is not fully understood, VMS, believed to be due to thermoregulatory dysfunction, leading to exaggerated activation of heat dissipation, including peripheral vasodilation and sweating. Vasomotor symptoms were associated with higher prevalence of cardiovascular risk factors and subclinical markers of cardiovascular disease. Therefore, VMS can help to identify women with increased cardiovascular risk. Indeed, participants in the Initiative for women's health initiatives, who developed VMS after menopause (late VMS), were at increased risk of cardiovascular events and mortality, whereas women with early VMS was lower compared to women who never experienced VMS. It was reported that chronic kidney disease (CKD) affects 15% of all women in Uzbekistan, but relatively little is known about the relationship between CKD and menopause. Women with end-stage renal failure have features of accelerated aging, premature menopause, bone fractures and cardiovascular events. 10-14 women with earlier stages of CDK experience premature cardiovascular morbidity and may also experience an excess burden of fractures, how-

ever research menopausal characteristics across the entire spectrum of renal function do not exist.

Criteria for the diagnosis of CKD:

1) Presence of any markers of kidney damage:

a) Clinical and laboratory (first of all, increased albuminuria / proteinuria, confirmed with repeated studies and persisting for at least 3 months;

b) Irreversible structural changes in the kidney, detected by radiation studies (for example, ultrasound) or morphological examination of the renal biopsy;

and/or

2) Reduction in glomerular filtration rate (GFR) to < 60 ml/min/1.73 m², which lasts for three months or more.

Thus, the concept of CKD consists of two components: signs of kidney damage and a decrease in GFR.

It is important to emphasize that at the beginning of the development of CKD, the kidney function may remain intact for a long time, despite the presence of pronounced signs of damage. In normal or elevated GFR, as well as in patients with its initial decrease ($60 \leq \text{GFR} < 90$ ml / min / 1.73 m²), the presence of signs of kidney damage is a prerequisite for the diagnosis of CKD.

GFR more than 120 ml / min / 1.73 m² is also considered a deviation from the norm, since in persons suffering from diabetes and obesity, it may reflect the phenomenon of hyper-filtration, that is, the glomerular disruption caused by their increased perfusion with the development of glomerular hypertension,

which leads to their functional overload, damage with further hardening. However, to date, increased glomerular filtration is not included among the independent diagnostic criteria for CKD, but is considered a risk factor for its development. The presence of CKD in diabetes mellitus and obesity is indicated only if there are markers of renal damage, first of all, increased albuminuria.

The level of GFR in the range of 60-89 ml / min / 1.73 m² in the absence of signs of renal damage is referred to as the "initial decrease in GFR", but a CKD diagnosis is not made. For persons 65 years and older, this is regarded as a variant of the age norm. Persons younger than this age are recommended to monitor kidney condition at least 1 time per year and to actively prevent CKD.

At the same time, a decrease in GFR to less than 60 ml / min / 1.73 m², even in the complete absence of signs of kidney damage and regardless of age, not only indicates the presence of CKD, but also corresponds to its advanced stages (3-5). For example, a CKD 3A stage will be diagnosed in a patient with a GFR of 55 ml / min / 1.73 m² with absolutely normal urine tests and an ultra-sonic picture of the kidneys.

Depending on the level of GFR, 5 stages of CKD are distinguished. Patients with stage 3 CKD are most prevalent in the population, while at the same time, this group is heterogeneous in the risk of cardiovascular complications, which increases as the GFR decreases. Therefore, it was proposed to divide the CKD stage 3 into two substages – A and B.

Principles of CKD treatment in menopause period:

- The earliest possible start is required.
- Diet and lifestyle correction are very important.
- Many targeted clinical and laboratory indicators have narrow range optimal values
- The importance of regular surveys in order to verify the effectiveness and safety therapy
- Many components of the nephroprotective strategy have increased risk of complications with reduced kidney function. Restriction of drugs with renal excretion
- Danger and, often, inevitability of polyphragmas
- Continuity and continuity of treatment (inpatient clinic, department
- Conservative Nephrology (Dialysis Center)
- The importance of active participation of the patient, self-control. Patient schools with CKD

The main goal of the nephroprotective strategy is to slow the progress or reverse development of a decrease in renal function. It is this criterion used to assess the effectiveness of the treatment of CKD in clinical studies. In practical nephrology, it is also possible to determine the effectiveness of therapy by slowing the rate of GFR decline.

CONCLUSION

Thus, women with predominantly mild CKD reported earlier menopause in accordance with other systems of the

body, where diseases of aging appear early in the course of life of CKD. Women with CKD also had fewer and less persistent VMS VMS, suggesting that CKD may prevent the pathogenesis of this condition. Further studies are needed to fully characterize how CKD affects other aspects of gender-health.

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“ИННОВАЦИОН ИҚТИСОДИЁТ УЧУН РАҚОБАТДОШ КАДРЛАРНИ ТАЙЁРЛАШ МУАММОЛАРИ ВА ИҚТИСОДИЙ БАРҚАРОРЛАШИШДА ИННОВАЦИЯНИНГ ЎРНИ”

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Аннотатсия

Мақолада инновацион гоялар ва технологияларнинг ижтимоий-иқтисодий ҳаётга тадбиқи, инновацион иқтисодиётга рақобатдош кадрларни тайёрлаш, ёшларни инновацияга қизиқишини ошириш, уларнинг инновацион гояларини кашф этиш учун тўсиқ бўлаётган муаммолар ва уларни ечишга қаратилган фикрлар ёритиб ўтилган.

Калит сўзлар: инновация, инновацион технологиялар, инновацион фаолият, инновацион тадбиркорлик, Амарант, инновацион марказ, инновацион бизнес.

Аннотация

В статье излагаются проблемы, связанные с внедрением инновативных идей и технологий в социально-экономическую жизнь, подготовка высококвалифицированных кадров в инновативной экономике, повышение интереса молодежи к инновациям, открытие инновативных идей и их разрешение.

Ключевые слова: инновативные технологии, инновативная деятельность, инновативное предпринимательство, амарант, инновативный центр, инновативный бизнес.

Annotation

The article outlines the issues that are hindering the implementation of innovate ideas and technologies in socio-economic life, training highly qualified personnel in the innovation-driven economy, raising young people's interest in innovation, discovery of their innovate ideas and their solutions.

Key words: innotation, innovative technologies, innovative activity, innovative entrepreneurship, amarant, innovation center, innovative business.

Ҳозирги пайтда иқтисодий ривожланган ва ривожланаётган мамлакатларда инновацион гоялар ва технологияларнинг қўлланилиши ва тадбиқ қилиниши албатта давлатнинг ижтимоий-иқтисодий жихатидан,

қолаверса шу мамлакатда яшаётган аҳолининг турмуш даражасининг яхшиланишига катта ёрдам беради. Бугунги кунда дунёнинг кўплаб мамлакатларида иқтисодиётни ривожлантириш учун ўзида фаннинг турли

соҳаларини қамраб олган, илмий ёндашувни талаб қиладиган ишлаб чиқаришни ривожлантиришнинг стратегик вазибалари олиб борилмоқда. Албатта бундай ишларнинг натижаларини ривожланган мамлакатларда яратилган миллий инновацион тизимлари иқтисодий ўсишни юқори суръатларга кўтараётганлигини ва уларнинг бугунги иқтисодий-ижтимоий кўрсаткичларида яққол ўз ифодасини топаётганини кўришимиз мумкин. Бундай инновацион ғояларни ва технологияларни асосан ишлаб чиқаришда ва атроф муҳитга нисбатан тадбиқ қилиш албатта бу йўналишлардаги муаммоларни ечишга ва ишлаб чиқаришдаги иш унумдорлигини оширишга ёрдам беради. Ҳозирги вақтда дунёда ишлаб чиқаришда ҳам балки илм фан нуқтаи назаридан ҳам инновацион ғоялар ва технологияларга бўлган талаб ортиб, ёшларнинг бунга қизиқиши ва қолаверса ижтимоий-иқтисодий ҳаётни яхшилашга қаратилган ўзларининг инновацион ғоялари ва технологияларини тақдим этаётганларини кўришимиз мумкин. Хусусан, Ўзбекистон Республикасида ҳам инновацион ғояларни кўллаб қўвватлашга ва инновацион технологияларни яратиш уларни ишлаб чиқаришга кўллаш, ёшларнинг илмий тадқиқот ва инновацион фаолиятини ривожлантириш, инновацион технологияларга қизиқиши баланд бўлган ёшларни кашф этиш ва уларнинг янги, рақобатдош инновацион ғояларини ҳаётга тадбиқ этишга ва қолаверса инновацион тадбиркорлик-

ни ривожлантиришга алоҳида эътибор қаратилмоқда. Шунингдек, Республикамиз Президенти Ш.М. Мирзиёев томонидан янги 2018 йилни “Ҳаол тадбиркорлик, инновацион ғоялар ва технологияларни кўллаб-қувватлаш йили” деб эълон қилинганлиги ҳам бундай йўналишларга алоҳида эътибор қаратилаётганлигидандир. ¹Зероки, Мухтарам Президентимиз Ш.Мирзиёев таъкидлаб ўтганларидек “ Бугун биз давлат ва жамият ҳаётининг барча соҳаларини тубдан янгилашга қаратилган инновацион ривожланиш йўлига ўтмоқдамиз. Бу бежиз эмас, албатта. Чунки замон шиддат билан ривожланиб бораётган ҳозирги даврда ким ютади? Янги фикр, янги ғояга, инновацияга таянган давлат ютади. Инновация- бу келажак дегани. Биз буюк келажакимизни барпо этишни бугундан бошлайдиган бўлсак, уни айнан инновацион ғоялар, инновацион ёндашув асосида бошлашимиз керак”. Албатта инновацион технологияларни ва ғояларни ишлаб чиқиш ва амалда тадбиқ этиш ўз самарасини бермай қолмайди. Биргина мисол учун олтин таркибли маъданларни қазилш ва қайта ишлаш бўйича ²Навоий КМК саноат комплекси йиллар давомида юқори техник-иқтисодий кўтсаткичлар ва инновацион технологиялар билан турғун ишлаб келмоқда. Бунинг натижасида мустақиллик йилларида олтин ишлаб

1 O'zbekiston Respublikasi Prezidenti Shavkat Mirziyoyevning Oliy Majlisga Murojatnomasi 2017-yil 22-dekabr. <http://uza.uz/uz/documents/o-zbekiston-republikasi-prezidenti-shavkat-mirziyoyevning-o-22-12-2017>

2 Eng yangi texnologiyalar Navoiy kon-metallurgiya kombinati <https://www.ngmk.uz/uz/about/tech>

чиқариш 1,5 бараварга ўсди. Бу ютуқлар амалдаги корхоналарни тўлиқ техник қайта жиҳозлаш ва инновацион технологияларни қўллаш, янги ишлаб чиқаришларни куриш, шунингдек олтин ишлаб чиқариш самарадорлигини сезиларли оширадиган энг янги илмий-техник ишланмаларни жорий этиш ҳисобига мумкин бўлди. Бундай самарали натижаларга эришишда албатта ишлаб чиқилган инновацион технологияларни ва ғояларни қўллаб қувватлаш ҳам муҳим ўрин касб этади. Ҳозирда юртимизда олимлар ва ёш тадқиқотчилар томонидан тақдим этилаётган инновацион ишланмалар ҳам диққатга сазовор ҳисобланади. Хусусан Андижонлик олимлар томонидан шўрланган тупроқда ўса оладиган, озик-овқат ва фарматсевтика соҳасида ноёб табиий хусусиятга эга бўлган “Амарант” ўсимлиги, “Матонат транс сервис” МЧЖ ходимлари томонидан онлайн режимида ишлайдиган, бир қанча вазифани бажара оладиган терминал, ва бошқа ишланмаларни айтиб ўтиш мумкин. Жаҳон иқтисодиётининг истиқболдаги инновацион ривожланиш йўналишларини белгиловчи асосий омиллар ҳисобланган фан-технология тараққиёти, инсон интеллектуал салоҳияти ва ёш келажак авлоднинг юқори билимларни эгаллаши уни янги чўққиларга олиб чиқадиган омиллардан бири ҳисобланади. Дунёда бу йўналишларда етакчилик қилаётган бир қанча мамлакатларини айтиб ўтиш мумкин. Мисол учун³ Блумберг наشري дунё давлатларининг анъанавий иннова-

циялар индексини чоп этди. Рейтингда илмий-тадқиқот фаолияти ривожланиши, олий таълим самарадорлиги, патентлар миқдори, мамлакатда ишлаб чиқарилувчи инновацион маҳсулотлар ҳисобга олинади. Рейтингнинг биринчи поғонасини 5 йилдан бери Жанубий Корея эгаллаб келмоқда. 2-ўринда Швеция жойлашган, 3-ўринни эса Сингапур эгаллади. Хусусан жанубий-шарқий Осиёнинг юраги бўлмиш Сингапур инновацион технологиялари, қатор лойиҳа ва ғоялари билан пешқадамликни қўлга олган кичик-шаҳар давлатлардир. Сўнги пайтларда унга “инновациялар маркази”, “юқори технологилар давлати” дея таъриф берилмоқда. У маҳаллий валюта биржаси бўйича дунёда тўртинчи ўринни эгаллайди. Сингапур электроника, молия ва биотехнология соҳасида фаолият юрутувчи кўплаб корхоналар макони ҳамдир. Инновацион тараққиётга эришган давлатлардан бири Жанубий Кореядир. Жанубий Корея ютуқларига қайси омиллар сабаб бўлганини таҳлил қилар эканмиз, у авваламбор, юксак ривожланган хорижий давлатлар тажрибасини ўрганиш орқали муфаккият пойдеворини қўйганини кўрамиз. Инновацион ғоялар ва технологиялар билан уйғунликда дунёда ижтимоий-иқтисодий ривожланишнинг инновацион омили сифатида инновацион тадбиркорлик турфа ташкилий шакллари ривожланмоқда ва унга бўлган талаб ҳам ортиб бормоқда. Инновациянинг зарурлигига асосланган, инновацион ғоялар базасининг пайдо бўлиши, инновацияни амалга ошириш мақсади

3 <https://www.uzhurriyat.uz/index.php/ijtimoiy-hayot/1542-innovatsion-rivojlangan-mamlakatlar>

билан ташкилий инновацион жараёнлар ва технологияни қўллаш ва аниқлашни таъминлайди. Замоनावий ижтимоий-иқтисодий ривожланишнинг тезлаштириш аҳамиятли даражада инновацион жараённинг самарадорлиги билан боғлиқ. Ўз навбатида инновацион жараённинг самарадорлиги инновацион бизнес ташкилий тузилмасининг мустаҳкамлиги, инновацион тадбиркорлик билан аниқланади. Инновацион тадбиркорликнинг авзаллиги инновацион ғояларни кидиришга интилиш, янги лойиҳаларни амалга оширишга интилиш ва қайта ишлаш адекватив ташкилий механизмларни талаб қилади. Инновацион тадбиркорликнинг ташкилий тузулмасининг мустаҳкамлиги инновацион жараённинг аниқ топшириқларини ривожланиши, захиралар билан таъминланганлиги, аниқ маълумот баъзасига эга эканлиги, инновацион лойиҳани амалга ошириш доирасини кўрсатади. Инновацион тадбиркорлик доимий равишда ўзгаришни, янги ғоя, янги товар модификацияси ва бошқа янгиликларни жорий қилувчи ташкилий формаларни жорий қилишни назарда тутди. Умуман олганда замонавий шароитларда жаҳон фани ва инновация фаолиятининг ютуқларидан кенг фойдаланиш жамият ва давлат ҳаётининг барча соҳаларини изчил ва барқарор ривожлантиришнинг, мамлакатнинг муносиб келажагини барпо этишнинг муҳим омили бўлиб бормоқда. Ҳозирги пайтда Инновацион ғоялар ва технологияларни ишлаб чиқиш, ёшларнинг инновацион

ғояларини қўллаб қўвватлаш, уларни амалда қўллаш инсон турмуш тарзининг янада яхшиланишига ва иқтисодий ривожланишни тезлаштирилишига олиб келадиган омиллардан бири ҳисобланади аммо шу билан бирга мамлакатимизда ёшлар инновацияларини амалда қўллаш, ракобатдош кадрларни тайёрлаш, уларнинг бу боладаги билим ва кўникмаларини оширишдаги қуйидаги тизимли муаммоларнинг мавжудлигини кўришимиз мумкин, яъни:

Инновацион ғоялар ва технологияларни ишлаб чиқиш ва жорий этиш учун мавжуд имкониятлар ва салоҳиятлардан старлича фойдаланмаслик,

Ёшларнинг инновацион ғояларини қўллаб қувватлайдиган марказларнинг мамлакатнинг кўпгина жойларида йўқлиги ;

Ёшларни иқтисодий-ижтимоий ҳаётни яхшилашга қаратилган янгидан янги бўлаётган ўзгаришлар ва яратилган инновацион технологиялардан старлича хабардор бўлмаслиги;

Маълум бир йўналишда чуқур билимга ва шу йўналишдаги мавжуд муаммолар ҳақида старлича маълумотга эга эмаслиги;

Юзага келган янги фикр, ғоя ёки технологияларни синовдан ўтқариш учун моддий-техника баъзасини етишмаслиги ёки замон талабига жавоб бермаслиги;

Келтириб ўтилган муаммолар ёшларнинг инновацион ғояларида кўзланган ислохотларни самарали амалга оширилишига ҳамда мамлакат-

нинг жадал инновацион ривожланишига тўсқинлик қилмоқда.

Юқорида келтирилган ва бошқа ҳолатлар инновацион ғоялар ва технологияларни ишлаб чиқиш ва жорий этишни ташкил қилиш соҳасида давлат бошқарувининг институтсионал ва ташкилий-ҳуқуқий асосларини тубдан такомиллаштиришни талаб қилади. Илғор хорижий тажриба, жаҳон фанининг замонавий ютуқлари, инновацион ғоялар, ишланмалар ва технологиялар асосида иқтисодийнинг барча тармоқларини ва ижтимоий соҳани жадал инновацион ривожлантиришни таъминлаш мумкин. Хусусан ёшларга ўзларининг инновацион изланишларини кўшимча равишда маҳсулот олган ҳолда маҳсулот таннархини тушириш ёки кам харажатли, унумли бўлган ўринбосар маҳсулотларни ишлаб чиқариш, сарфланаётган материалларга бўлган эҳтиёжларни қисқартириш, ишлаб чиқариш қувватини ошириш ҳамда минтақада айрим экологик муаммоларни ечишга йўналтириш ҳақида уларга тушунча ва билимларни бериш албатта мақсадга мувофиқ бўлади. Биз юқорида ёшларнинг инновацион ғоялари ва технологияларини синовдан ўтқариш учун моддий –техника баъзасини етишмаслиги ҳам юртимизда Инновацион ривожланишнинг кўрсаткичларига таъсир қилаётганини айтиб ўтдик аммо бу тизим ва йўналишлар буйича ёшларга ёрдам беришда уларга ўзгача руҳдаги таълим беришни ҳам тақозо этади. Зероки Ўзбекистон Республикасининг биринчи Президенти И.А. Каримов таъкид-

лаганларидек: “Энг янги замонавий ўқув воситалари билан таъминланган таълим муассаларида эскидан қолган ўқитиш усулларининг давом этишига йўл қуйиб бўлмайди”.

Мамлакатимиздаги инновацион ғоялар, ишланмалар ва технологияларни тарғиб қилиш ва улардан амалий фойдаланишнинг механизмларини шакллантириш, Ўрта махсус ва Олий таълим муассаларида “Информатика” ва “Ахборот-коммуникация технологиялари” фани билан биргаликда ёки алоҳида ҳолатда “Инновацион ғоялар ва технологиялар” фанини жорий этиб, бу дарс давомида ҳозирги кун замонавий техника ва технологияларидан хабардор этиш, уларда бу нарсалар буйича кизиқиш уйғотиш, мавжуд муаммолар юзасидан қандай ечимларни топиш мумкинлиги юзасидан мунозаралар ўтказиш, Урта махсус ва Олий таълим муассаларида “Инновация” марказларини ташкил қилиш, ўқувчиларга дарс жараёнида амалиёт дарсларини уларда кўпроқ тасаввур уйғотиш учун йўналишга мос жойларда ўтиш, улар томонидан ишлаб чиқилган ғоя ва технологияларни қўллаб қувватлаш, уларни рағбатлантириш, бозорнинг тез ўзгарувчан жаҳон конъюктурасини ҳисобга олган ҳолда миллий иқтисодийни жадал ривожлантиришга кўмаклашишга қаратилган илмий тадқиқотлар ўтказиш албатта иқтисодий-ижтимоий соҳаларнинг тез фурсатда ўсишига ёрдам беради. **Зероки ўсиб келаётган ёш авлоднинг кучли билим, тафаккурга эга эканлиги ва юқори инновацион**

технологиялар-тараққиётнинг бирламчи белгисидир.

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SHIMOLIY AFG‘ONISTON O‘ZBEK TILI SHEVALARIGA BIR QARASH

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Termiz davlat universiteti o‘zbek filologiyasi fakulteti talabalari.

Annotatsiya

Ushbu maqolada shimoliy Afg‘oniston o‘zbek tili shevalarining qiyosiy tasnifi keltirilgan. O‘zbek adabiy tili bilan shevalar o‘rtasidagi munosabat ko‘rsatib berilgan. Shevalarning milliy tilni boyitishdagi keng imkoniyatlari ochib berilgan.

Kalit so‘z:

sheva, dialekt, leksik xususiyat, lahja, qarluq, o‘g‘uz, qipchoq

O‘zbek tili qadimiy va boy tarixga ega tildir. Bu til nafaqat O‘zbekiston hududida balki, o‘zbek xalqi istiqomat qiladigan Markaziy Osiyo mamlakatlari-da, Afg‘oniston, Turkiya, Saudiya Arabistoni, Avstraliya, Xitoy xalq Respublikasi Uyg‘ur-Shinjon provinsiyasida, qisman Mongoliyada ham o‘zaro aloqa aralashuv vositasi sifatida iste‘molda. Lekin shu bilan birgalikda bu tillar garchi, o‘zbek tili bo‘lsada, o‘ziga xos etnik hamda fonetik, leksik, morfologik, qisman sintaktik xususiyatlari bilan farqlanuvchi belgilarga ega. Quyida biz, Afg‘oniston o‘zbek tilidagi shevalar haqida va ulardan ma‘lum darajada na‘munalar keltirishga harakat qildik. Maqsad, asli bir til bo‘lgan lekin, ikki xil taraqqiyot bosqichini bosib o‘tgan bu tillarning dialektal o‘xshashliklarini ko‘rsatish. Bunda Afg‘onistonda nashr qilingan Afg‘oniston o‘zbeklarining xalq maqollari va frazeologik iboralari-ga oid kitoblarga tayanildi.

Professor G‘ozi Olim Yunusov o‘zbek shevalarini uch lahjaga ajratadi. Bular:

1) o‘zbek qipchoq lahjasi

2) turk-barlos lahjasi

3) xeva-urganch lahjasi¹

Olim ushbu tasnifida o‘zbek-qipchoq lahjasiga O‘zbekistonning Ohangaron vodiysida, Mirzacho‘lda, Samarqand, Zarafshon, Buxoro atroflarida, Qashqadaryo va Surxondaryo vohalarida, shuningdek, Tojikistonda va Afg‘onistonning shimolida yashovchi o‘zbek shevalarni kiritgan.

Afg‘oniston o‘zbek tili lahjalarga boy tildir. Lekin u alohida til sifatida chuqur tadqiq etilgani yo‘q. Bunga ko‘pgina ijtimoiy-siyosiy omillar sabab bo‘lgan. O‘zbeklar Bodg‘istondan Badaxshongacha bo‘lgan keng hududlarda yashab kelgan. Etnik o‘zbeklar Afg‘oniston shimoliy viloyatlaridan ko‘proq Faryob va Taxorda yashaydilar. O‘zbek tili asosan qarluq, o‘g‘uz, qipchoq lahjalariga bo‘lingani kabi Afg‘oniston o‘zbeklari tilida ham bu lahjalarni uchratamiz. Jumladan hududiy jihatdan quyidagicha tavsiflanadi:

Qarluq lahjasida so‘zlaydigan

¹ Reshetov V.V. Shoabdurahmonov Sh. O‘zbek dialektologiyasi. T-1959. 20-bet.

o'zbeklar Badaxshon, Toxar, Qunduz, Balx, Juzjon, Sarpul, Faryob, Bog'iz va Hirotda yashaydilar;

Qipchoq lahjasida so'zlovchi o'zbeklar esa Qunduz, Toxar, Samangon, qisman Balx va Saripulda mavjud;

Shuningdek Juzjon viloyatida, Faryobning Andxui hududida o'g'uz lahjasini qo'llaydigan o'zbeklar yashashadi.

Afg'onistondagi o'zbek tilining bunday holatda uchrashi birinchidan, hududiy tamoilga, ikkinchidan etnik tamoilga asoslanadi. Qadimdan bu hududlarda faol ijtimoiy munosabatlar mavjud bo'lgan. Amir Temur, temuriylar, shayboniy sultonlar davrida bu hududlar umumiy bir davlat bo'lgan. Afg'onistonda qo'llaniladigan o'zbek tili, O'zbekistondagi o'zbek tili kabi rivojlanmagan. Integrasiyaga uchramagan, birlamchi holatda shakllangani holda qolgan. "Afg'oniston o'zbeklari hayot kechiradigan mintaqalarning ayrim joylarida bir qishloq bilan boshqa qishloq aholisi lahjalariaro tafovutlar kuzatiladi. Bu darvoqe mamlakat o'zbeklariaro lahjalarning ko'pligi va bu shevalarning saqlanib qolganidan darak beradi"²

Professor G'ozzi Olim Yunusov tomonidan tavsiflangan o'zbek-qipchoq lahjasining fonetik, morfologik xususiyatlari Afg'oniston o'zbek tilida ham mavjuddir. Afg'oniston o'zbek tili xalq maqollari, iboralarida o'zbek-qipchoq lahjasiga mansub dialektal so'zlarni uchratamiz. Misol uchun й>дж:

Jo'gidan jo'l tilasang joningga balo

2 Olim Ko'hkan. "Afg'oniston o'zbek tilining o'tmishi va bugungi ahvoli" maqola. Tuonzamin.org elektron sayti. 2013-y.10-iyun.

هگگن ین اچ کنس هل یت لاج ندی گوج bo'ldi
اب دل اب

Yo'l so'zi jo'l tarzida ifodalangan.

q<g' o'zgarishi ot egari minan
غیش یری، نن یم یرگی تا yarashig'

Og'zidan chig'di olamga yoyraldi
3- یدلری ای هگم لاع یدغی چ ندزی غا

Ot egari minan yarashig' یرگی تا
غیش یری، نن یم

Unnamasdan uyday chig'adi4 ه ن و ا
یدغی چ یم دی و ندسم

Shuningdek yolg'on so'zi "o'tirik"
tarzida qo'llaniladi

O'tirik so'zdi o'zggaga aytasan کرتوا
سیت یم هگدوا یدزوٹ

Shuningdek Afg'oniston o'zbek tili shevalarida qo'llanuvchi ko'p so'zlarda fors-tojikcha tallaffuz qilinadigan so'zlar uchraydi. Jumladan, tanimoq fe'li tonimoq tarzida, olov, bola, hayol, so'zlari allav, bala, xiyol tarzida ishlatiladi.

Bilan bog'lovchisi minan shaklidagi eski formasida keng qo'llanib kelinadi.

Qo'l minan bajarmoq قامرچب نن یم لاق

Xulosa sifatida shuni aytish mumkin-ki, bir tilning ikki hududdagi shevalarida so'zlar o'xshash bo'ladi. Afg'oniston hududidagi o'zbek tili shevalari ham til boyligimizni oshirishda o'ziga xos o'ringa ega. Bu lahjalarni qisman bo'lsada, o'rganilishga urinishimizdan maqsad ham til boyliklarimizni yanada yaxshiroq o'rganish. Zero, shevalar xalqning boyligi bo'lib, kundalik so'zlashuvimizning ajralmas qismga aylangan.

3 Misollar "Otaral so'zi -aqqlning ko'zi" (رل هتا)
3 (یدوگ گن ین یق ق، یدوس to'plab nashrga tayyorlangan Solih Muhammad Xassos hijriy 1392, milodiy 2013.26-bet

4 Uzbek language phraziologic dictionary (in Afganistan uzbek language) Prof. H. Yorqin Tehron: 2013 106 bet.

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INNOVATION IN THE ECONOMY

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Research advisor: *Tursunova M*

Annotation: *Innovative ideas and projects play a crucial role in the socio-economic, political, cultural life of developed countries. Therefore, these countries are leaders in the world rating. In this article, we can see that the economy's link to innovation is in line with the recommendations of the credit system. In the example of the Republic of Uzbekistan we can see that innovation is not only technical but also new ideas. The trends in economic development and how innovation can lead to positive changes, economic freedom for the state, entrepreneurship, and the importance of youth are analyzed in this article.*

Key words: Innovation, GDP, Estimation (russian Accounts' plan, document), Modernization, Credit, IDB (Islamic Development Bank), Labor Distribution, Mortgage, RR (Refinancing Rate)

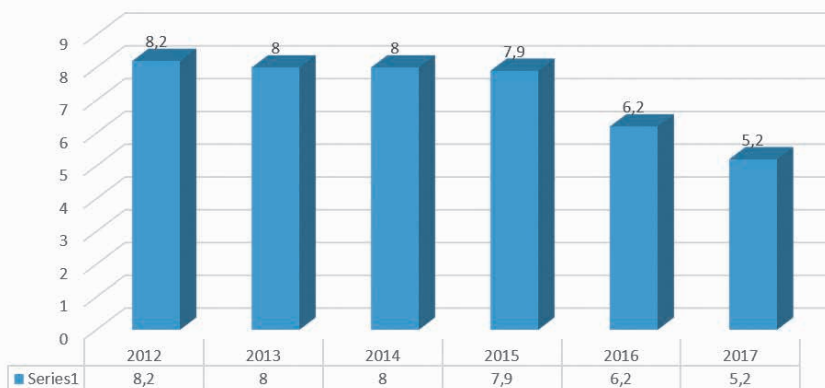
We know that in history, armed wars were the most effective way to conquer a country. In the twenty-first century of technology, we can say that in order to establish a government in any country, moral attacks, information wars, and economic struggles are the most alternative way. The potential of developed and developing countries is analyzed in relation to its economic potential. Innovation, youth, technology and entrepreneurship are an important link in the social-economical and political life of any developed and developing country. Given the importance of these in the economy of the state, we can briefly say "innovative economy". Looking at the systems of today's developed countries, we can see that each of them has innovative experimental ideas. The answer to the question of how the innovative economy benefits the state is the following:

1. Sustainable economic growth
2. Modernization of production (service)
3. Proper organization of Labor Distribution
4. Demand for new innovative ideas

As the First President of the Republic of Uzbekistan I. A. Karimov noted, «If economic growth, development is the body of our society, politics, spirituality and enlightenment is its spirit.» The economic development is so significant that it is also permissible to dwell on the banking system. In each country, the banking system has a unique perfect structure, and the major part of this system is the sector of loan. Loan – lending for a certain period of time with the obligation to repay the goods, services and cash on a mutually agreed basis. There are state, bank, consumer, commercial, international, mortgages and other types of loan. On the basis of this, entrepreneurs, legal entities and individuals will be able to prepare their own estimate and finance their activities. In every country, whether politically or economically, devel-

opment comes from the needs of consumers and citizens in that country. As is stated above, loaning system is also based on the needs and demands of the people.

If we analyze the social structure of developing Muslim countries, we will see that in some which is leading economic capabilities, there is a considerable number of applicants willing to go on a pilgrimage which is one of Islamic religion goals. In particular, in Uzbekistan in 2013, 5200 people were sent on a pilgrimage trip, and 7200 in 2017, 10 000 in 2018, 4585 in Kyrgyzstan in 2017, and 2500 in Kazakhstan. Is not it time to introduce the “Hajj” loan project in the countries of the loaning system? Of course, religiously one should go to the pilgrimage of hajj only in account of his or her own money, however this type of loan is only for poor citizens who can not afford to make a high payment at once. It is not easy to implement this project in practice, but many Muslims will succeed if this project is implemented. The use of the Islamic Development Bank (IDB) partnership in implementing the offer is of particular importance, or at least one bank is required to provide this project at a rate of 2-3% lower than the refinancing rate to create comforts for clients, on account of this rate, it is possible to establish a “hajj” fund within the bank. The goal of the “Hajj” Fund is to ensure that the client does not suffer from this type of loan refinancing rate (RR) on account of a low rate and is valid only within Uzbek citizens. It is possible to predict that the funds raised in this fund will cover 2-3% of losses from the RR (refinancing rate), in particular in Uzbekistan, with 2-3% profit. Particular attention has been paid to the banking system, when we have talked about economic development above, but it is not right to just link it to the economic growth. Economic growth is closely related to entrepreneurship in a particular country, the demography, GDP (Gross Domestic Product), the role of the state in the economy and so on. It should be noted that independence not only for economic but also for all-round development is the most important factor. In particular, if we analyze the economic tendency of the post-independence economy of the Republic of Uzbekistan on GDP (Gross Domestic Product), we will get statistical growth in GDP by 2012-2017, as compared to the previous years:



While focusing on innovative development, it should be said that innovation is not just the technology, but a new set of ideas and concepts. As for global governance, we see the trend of economic and social development over the world is as a result of innovation. It is a clear proof that the new ideas are just what young people should do in the future and any country's future is related to the youth.

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WAYS OF IMPROVING INSURANCE SERVICES IN THE CONDITION OF MODERNIZATION OF THE ECONOMY

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Gulnur Adilova

***Annotation.** The article outlines the issues of improving the range of innovative insurance services in Uzbekistan's insurance market, as well as the development challenges.*

Key concepts: adjuster, assistant service, insurance market, insurance premium, insurance payment, insurance service.

The Republic of Uzbekistan has entered into a new stage of development of the insurance market, as a full participant in reforming all the economic sectors of society. At this stage, it will be able to reflect that interest in a way that can offer solutions to vital problems for the development of the insurance market in our country. The role and importance of social organizations of professional participants of the insurance market considerably increases.

According to the Decree of the President of the Republic of Uzbekistan Shavkat Mirziyoev on the Action Plan adopted in five priority areas of the development of the Republic of Uzbekistan for 2017-2021 in 3.1 paragraph is focused on further strengthening macroeconomic stability and maintaining high economic growth, with the focus on increasing the volume of insurance, leasing and other financial services by introducing new ones and improving their quality, and the development of the stock market as an alternative resource for the enterprise, fi-

ancial institutions and free resources of the population.

Sectors achieved in the economy, long-term goals for the future, real and predictable situation on the world market, and the key priorities and priorities of the 2018 economic program. It is also important that the development of the export-oriented products based on modern high-tech technologies is a key component of the country's economic development, long-term strategic goals, aimed at enhancing the competitiveness of Uzbekistan in the world market, and is focused on. Uzbekistan pays great attention to the development of the insurance market in line with world standards and pays great attention to cardinal modernization of the insurance market. As you know, insurance services are rapidly developing worldwide. As well as developed countries, transition to quality insurance services in Uzbekistan is acknowledged to have an important place in human activities.

Further development of the liberalization process in the sphere of insurance

services and expansion of the scale of economic reforms, strengthening the economic factors of its development in the country. In order to strengthen the material and technical basis of insurance organizations and to ensure the financial sustainability of communication, on January 31, 2002, the Decree of the President of Uzbekistan "On measures for further liberalization and development of the insurance market" was published.

In order to further improve the competitive market of insurance services, to develop and improve the quality of modern types of insurances activities, to improve capitalization and financial stability of insurance companies, to strengthen their regional networks, as well as to improve insurance regulation, On Measures for Further Reforming and Developing the Market of the President of the Republic of Uzbekistan". The decree adopted the program of reforming and development of the insurance market of the Republic of Uzbekistan for 2007-2010 is an important step in the further development of the system.

In addition, there are a number of problems in the insurance market of Uzbekistan in the Republic of Uzbekistan was registered by the Ministry of Justice of the Republic of Uzbekistan on July 16, 2007, number 87, with the participation of professional participants of the insurance market of the Republic of Uzbekistan a non-profit organization of legal entities, a non-commercial organization, which organizes, coordinates, promotes and protects interests, and voluntarily joins its membership. The

Association operates under the Civil Code of the Republic of Uzbekistan and other normative-legal acts of the Republic of Uzbekistan.

The insurance market of Uzbekistan also covers all the new areas of rapidly developing economic relations, along with the certain of an insurance system, which provides insurance services that meet the international standards of insurance business. Measures are crucial.

The result of the reforms being implemented in our country indicates that the association of professional participants of the insurance market determines the further development of the current situation. This is because the growth of market indicators in the insurance industry is due to the active work on modification and additions to the regulatory legal acts for the formation of the appropriate base that meets the current market conditions, is being implemented at a rapid pace. It is particularly noteworthy that in our country, particular attention is paid to systematic improvement of the legislation on insurance activity. The Law the Republic of Uzbekistan " On Compulsory Civil Liability Insurance of Vehicle Owners" testifies to the wide-ranging efforts undertaken in this regard.

The further development of the competitive market of insurance services in the development of the insurance market of the country and the development of the system will create new jobs, introduction of mandatory insurance of insurance activity. On the other hand, the population, which is one the main problems in the

Table 1
Adjuster organizations

No.	Name of company	Organizational legal form
1	ASCON SERVICE	Limited Liability Company
2	Bovar Service	Limited Liability Company
3	LABB	Limited Liability Company

Table 5
Assistant Organizations

No.	Name of company	Organizational legal form
1	«Uzbekinvest Assistans» LLC	Limited Liability Company
2	«Global Assist» LLC	Limited Liability Company
3	«Bovar Servic» LLC	Limited Liability Company
4	«ESADO» LLC	Limited Liability Company
5	«ALSKOM ASSIST» LLC	Limited Liability Company
6	«Top Assist» LLC	Limited Liability Company

industry, has been promoting the growth of insurance culture, and, on the other hand, has created a system of guaranteed reimbursement through the infringed insurance mechanism, which has resulted in an increase in insurance coverage for the victims. This will contribute to further strengthening of social protection of the population.

Another noteworthy aspect of compulsory insurance is that positively impact on the further strengthening of the competitive environment in the insurance market. This in turn promotes the quality of services offered by my company.

It should be noted that the industrial insurance system is characterized by the fact that many normative legal acts are adequate to satisfy the needs of the insurer. It has the insurance rules, guidelines for insurance and adaptation that can meet the most complex requirements of my insurer. On the other hand, it can not solve some of the most important problems facing the community. In addition,

the fact that insurances can not address the following issues naturally implies the need for state-run insurance activities.

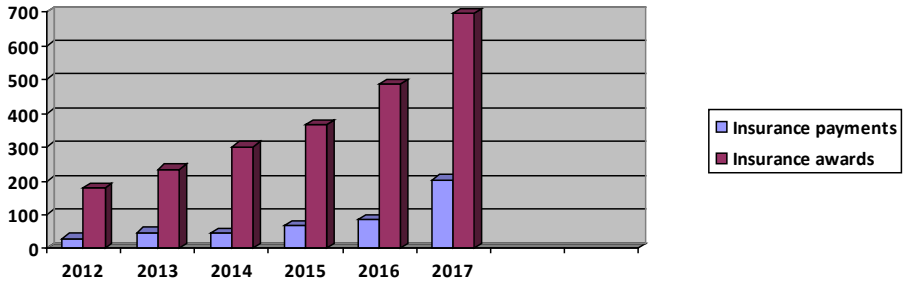
The results of the adjuster service can be drawn up in the reporting form, which can be used by the insurer to cover the damages and dispute settlement.

At present, the following insurance companies are operating in the insurance market of Uzbekistan.

Adjuster is a legal entity having professional staff of its own staff or a physical person having professional knowledge or qualification on the instructions of the insurer (insurer) and other customer.

Adjuster carries out its activity according to the contract with insurer (insurer) and other customers.

- Insurance and reinsurance operations as an insurer:
- Carrying out insurance intermediation activities:
- It has no right to participate in the statutory funds of the insurer.



Form-1. Insurance awards appeared by voluntary insurance types and dynamics of paid insurance (mlrdsoums).4.

The author has been prepared by the author on the basis of the website of the National News Agency.

Insurance payments by types of voluntary insurance in 2017 amounted to 202.4 million soums, in 2012- 29.8 million

soums. Compared with 2012, insurance premiums paid by voluntary types of insurance increased by 678.9%. It is clear from the information provided that the insurance industry is slowly developing its service sector. But we can not say the least.

INVESTIGATIONS OF “BABURNOMA” IN UZBEKISTAN

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Abstract: *“Baburnama” is a historical, geographical and rare novel written by Zahiriddin Muhammad Babur who was known as a founder of an Empire of Baburids in India. “Baburnama” offers a lot of information on political and social history, gender relations, material culture and techniques, social behavior, kinship (mainly of the Temurids, but also of others), languages, religions, literature, medicine, warfare and military organization, demography, geography, minerals, flora, fauna, agriculture, handicrafts, trade, roads, irrigation, settlement and fortifications of different size and type, cuisine, sports, poetry, and music of various areas visited by Babur. It is very rich with its own traditions, customs and other meaningful characters. There are many words, sentences, phrases, set expressions about cultural words. In this article we have tried to investigate English equivalents to the cultural words in Uzbek, here are analysis of some of them.*

Key words: Baburnama, cultural words, translation, scientist, research.

Our great ancestor, thinker, poet, ruler and the founder of an Empire of Baburids in India (in western sources it is known as Mughal Empire) Zahiriddin Muhammad Babur had left such a great heritage as “Baburnama”, “Kabul Devoni”, “Hind Devoni”, “Mubayyin al-zakot”, “Muhtasar”, “Aruz risolasi”, “Hatti Boburiy”, “Volidiyya”, “Harb ishi” (as military work), “Musiqi ilmi” (The knowledge of music) and others. The most popular and vastly discussed Babur’s book is “Baburnama”. It was also called as “Vaqoye”. In this fine autobiographical work (personal letters of Babur which he had kept throughout his life and collected in one work) he described the events from 1494 to 1529.

“Baburnama” offers a lot of information on political and social history, gender relations, material culture and techniques, social behavior, kinship (mainly of the Temurids, but also of others), languages, religions, literature, medicine, warfare

and military organization, demography, geography, minerals, flora, fauna, agriculture, handicrafts, trade, roads, irrigation, settlement and fortifications of different size and type, cuisine, sports, poetry, and music of various areas visited by Babur.

There are more than ten manuscript copies of “Baburnama”. It includes into 3 seasons. They are Fergana, Afghanistan and India. This great work was translated into more than 30 foreign languages and became a well-known in the Eastern and Western Countries. It needs to be stated that “Baburnama” has been being learned for about 528 years by scientists and researchers. Near to five hundred scientific articles, epistles, monographs about “Baburnama” were written and published in many different languages. European scientists on oriental studies, such as, Vitsen, D. Derbelo, John Leyden, William Erskine, R.M. Kaldekot, S.Leyn Paul, E.Holden, M.Elfinston, Jam Lui Bakye Grammon,

G.M. Elliot, V.X. Moreland, A.Pavde Kurtail, F.G. Talbot, A.Denison Ross, Anita Susanne Beveridge, Henry Beviridge, X. Lemb, A.M. Shimmel, M.B. Koprilizoda, Russian scientists such as N.I. Ilminskiy, N.N. Pantusov, V.V. Vyatkin, N.I. Vesedovskiy, V.V. Bartold, A.N.Samoilovich, M.Salye, A.A.Semyonov, A.Yu.Yakubovskiy, I.V. Stebleva and avghan scientists such as Ahmad Ali Kohzod, Abdulhay Habibiy, Gulchin Maoniy, Indian scientists such as Zokir Husayin, Nurul Xasan, Muni La'l, S.A. Sharmi, R.P. Tripatxi, P.Saran and Muhibbil Xasan translated into various world languages. Concisely, the first English translation was done by John Leyden and William Erskine in 1826. The second English translation was made by Anita Susanne Beveridge and Henry Beveridge in 1921. The third one was translated by the great talented person and the author of "Great Mogul Empire" Anna Maria Shimmel's and the postgraduate Viler Taxton's translation in 1996.

In Uzbekistan the first Uzbek professor Fitrat announced two editions of "Baburnama" in two volumes during 1948-1949. Later other scientists such as S.Azimjonova, Kh.Yokubov, Ya, Gulomov, V.Zohidov, I.Sultonov, A.Kayumov, A.Khayitmetov, F.Sulaymonova, Kh,Khasanov, N.Mallayev, S.Khasanov, Kh.Nazarova, P.Kodirov, S.Jamolov, B. Valihodjayev, P.Nabiyev, A.Abdugafurov, B.Kosimov, N.Komilov, J.Sharipov, M. Khlobekov, A.Abduazizov, B.Mamatov, S.Rahimov, G.Khojayev, L.Khojayeva, F. Salimova, S.Shukrulleev and N.Otajonov achieved to create Uzbek aburology (people who work on Baburnoma).

They researched, compared and studied it according to different view-of-points. Many dissertations and theses dedicated to "Baburnama" were defended such as "Лексикографические и текстологические характеристики восточнотюркского словаря" Пав де Куртейля и перевода Бабурнаме by Fotima Salimova in 1997, "The meaning peculiarities of numbers in "Baburnama" by Nazokat Jiyanova in 2000, "The problems of recreating literary and author's style in English translations of "Baburnama" by Mahamatismoil Sobirov in 2002, "The translation and expressive means of historical-archaic lexics in translation" by N.O'rmonova in 2003, "Comparative analysis of poems in foriegn translations of "Baburnama" by R.Karimov in 2003, "Comparative analyse of "Baburnama" and "Shajarai Turk" by M.Abdullayeva in 2004 and so.on.

As "Baburnama" is a historical, geographical and rare novel. It is very rich with its own traditions, customs and other meaningful characters. Therefore you can see many words, sentences, phrases, set expressions about cultural words. In this article we have tried to investigate English equivalents to the cultural words in Uzbek, here are analysis of some of them.

Khanzada- it means the generosity of the khan (king), was born from khan. We can use the way of the translation is *cultural equivalent* when we are translating this Uzbek cultural word "honzoda". In English language we can use *the prince* and *princess* instead of this cultural word "honzoda".

U Tirmudning xonzodasi edi.

She was of Tirmid's khanzada.

Sultonzoda- Children of khan, generation of khan. Ex: He has a sign whoever is he khanzada, podshozoda, xozazoda. (*Etymological dictionary of Uzbek language*)

Men Hamza Sul-ton va Temur Sul-tonni yordamida sultonzodalarni mag'lubiyatga uchratdim va Xisorni qo'lga kiritdim. Bular va boshqa sultonzodalar endi mening qo'lim ostida.

When I defeated the sultans under Hamza Sultan and Temur Sultan and took Hisor. These and other sultanzadas fell into my hands.

Nastaliq- it is created from the types of writing "nasx" and "taliq" in 14th century and it is one of classic letter of Arabic language was spread away the territory of Central Asia. Ex: *Singer became happy as beggar changed into king with seeing the copy of this rare play was written with beautiful nastaliq letter. (Xayriddin Sul-tonov, The fairytale of a night)*

U nastaliq yozuvida yaxshi yozardi va uning qo'li ham bo'yoqlarda yaxshi ishlardi.

He wrote the nastaliq character very well and his hand was not bad at paintings either.

To'shak- a thing for prepared for sitting and lying. It is made of material and cotton. The cotton is put into the material and knitted. Ex: Down toshak, toshak covered with Duhoba. Ex: They were going to make new toshak and buy down toshak for wedding. (Abdulla Kadiriy, "Passed days")

While translating of this cultural "to'shak", "nastaliq" we can use the ways of

descriptive and functional equivalent. In explanation of source language cultural item there is two elements: one is descriptive and another one would be functional. Descriptive equivalent talks about size, color and composition. The functional equivalent talks about the purpose of cultural-specific word.

Bayqaro Mirzo har doim ham o'z taxt kursisida o'tirmasdi. U o'zini yumshoq taxt kursisi bo'lsa ham to'shakda o'tirardi.

Bayqaro Mirza was not always present at court, although at other than divan court they sat on one toshak.

Bo'rk- Bork, qalpoq - the hat, tubitaika which remade from korakul skin in cylinder form. Ex: At the moment Botir aka worn a Bork on his head went out from shiypon (farmers' building which is built near the field). (P. Kadirov, "Stary nights")

We can use the way of the translation is *cultural equivalent* when we are translating this Uzbek cultural word "bo'rk". In English language we can use hat and cap instead of this cultural word "bo'rk"

Uning yoshi o'tib oppoq soqoli bo'lsa ham chiroyli qizil va yashil matoga yozar edi. U hatto qo'y terisidan tikilgan bork yoki qalqopga ham yozardi.

Even when he was very old and had a white beard he wrote beautiful red and green silk. He wrote either a lambskin bork or a qalqop.

Khutba- (1) admonitions and precepts which are told by Imam when he finished Sunnat pray on Fridays and Hayid days; (2) Bless is prayed during the marriage in Islam religion. Ex: Imam began to pray marriage khutba. (S. Ayniy, "Memories")

Alisherbek va boshqalar buni hohlamagan bo'lsa ham u birinchi marta tojni kiyganda u xutbada o'n ikkita imomni ismini oqishni rejalashtirib qo'ygandi.

When he first took the throne he thought to have the twelve Imam's names read in the khutba; however, Alisher Beg and others prevented it.

Batman- a measure of weight is equal to 898.5 gram. (1) A measure of weight is equal to different criterion, quantity in Central Asia, especially, different places of Uzbekistan. (2) A measure of distance equal to a hectare.

Uning arbaleti (kamoni) qirq batmon og'irlikda bo'lishi kerakligini aytdi.

His cross-bow is said to have weighed forty batmans.

Qizilbash – (1) wild duck related to diving ones of elder duck's family.(2) Soldiers were Turkic tribes came from Azerbaijan and Northern Iran and serviced in the troop of Iran during the Savaii's period.

Ex: Astrabodda uni qizilboshlilar qatl qilishdi.

At Astrabad the qizilbashes executed him.

After thorough analysis of translation of cultural words into English we've come to the following conclusion:

Most cultural words are easy to detect, since they are associated with a particular language and cannot be literally translated, but many cultural customs are described in ordinary language where literal translation would distort the meaning and a translation may include an appropriate descriptive- functional equivalents.

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THE ROLE OF CEFR IN EDUCATIONAL SYSTEM OF UZBEKISTAN

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Abstract: *This article deals with the role and implementation of CEFR in educational system of Uzbekistan. On December 10, 2012 the First President of the Republic of Uzbekistan Islam Karimov signed a decree «On measures to further improve foreign language learning system». It is noted that in the framework of the Law of the Republic of Uzbekistan «On education» and the National Program for Training Staffs in the country, a comprehensive foreign languages' teaching system, aimed at creating harmoniously developed, highly educated, modern-thinking young generation, further integration of the country to the world community, has been created.*

Key words: Common European Framework of Reference for Languages, the implementation of Presidential Decree, mixed-ability classes, Educational system of Uzbekistan, curriculum organization, sociolinguistic competence.

In order to providing effective higher Education, Uzbekistan accepted a significant reform by performing use of the Common European Framework of Reference for Languages – study, increasing the frequency of assessment (CEFR) – and National Qualifications Framework (NQF) in the country. CEFR standards provide effective learning of foreign language EFL classes.

Both projects will take part in the implementation of Presidential Decree № 1875 on December in 2012 in enhancement of the teaching and learning of foreign languages in order to strengthen the communication skills and international effect of future Uzbekistan specialists in all fields. The mentioned Decrees of the former President criticize the teaching of foreign languages under unsuited conditions and, as a result, university graduates are not always erudite enough in using the foreign

language in everyday life. There are many causes for this: partly, it is because of inadequate time allocated for language instructions; mixed-ability classes as a result, teachers often have a difficult time provision the appropriate level of instructions in such classes and some others. It is important to point out that from the current academic year foreign languages are taught beginning in the first grade at schools. Up to now, foreign languages were taught from the fifth grade. [1]

The CEFR expresses foreign language qualification at six levels: A1 and A2,

B1 and B2, C1 and C2. It also describes two “plus” levels A2+, B1+.

Based on experiential research and prevalent consultation, this scheme makes it potential to contrast tests and examinations across languages and national boundaries. It also be responsible for a basis for recognizing language

proficiencies and thus facilitating educational and occupational mobility. Whereas they have been experientially authenticated, some of them still have significant gaps, e.g. at the lowest level A1 and at the top of the scale the C2 levels. Confident contexts are less well-elaborated, e.g. young learners.

The CEFR is not an international standard or seal of approval. Most test suppliers, textbook writers and curriculum designers now claim connections to the CEFR..

The CEFR is not language or context specific. It does not attempt to list specific language grammatical rules, vocabulary, etc. and cannot be used as a curriculum or checklist of learning points. Users need to adapt its use to fit the language they are working with and their specific context. One of the most important ways of adapting the CEFR is the creation of language-specific Reference Level Descriptions. Reference Level Descriptions are already available for several languages.

Moreover, implementing of CEFR causes to alteration of traditional approaches to recent approaches. To changing methods means elaboration of language syllabuses and curriculum guidelines, design teaching and learning materials, the assessment of language proficiency.

Fundamentally new in the national standards is that now the foreign languages are taught from the first grade. Another innovation is that now the necessities for the foreign language skills at each grade are balanced to the

requirements of the Common European Framework of Reference for Languages: Learning, Teaching, and Assessment (CEFR). Consequently, the highest level of foreign language facility will be required be possessed by bachelor and master's graduates of language faculties, C1 level on CEFR, an effective operational proficiency in a foreign language.

The new standard provides for foreign language command, which requires the requirement for knowledge of phonetics, vocabulary and grammar, and speaking skills. The new standard pays great attention to sociolinguistic competence, which describes the requirements for the skills of students in choosing the right linguistic forms and methods of expression, depending on the situation and communication goals.

The new steps to transform training system are taken, so we only need to wait for the practical results. There is every reason to believe that they will be expressed in the economic stability and prosperity of the country. [2]

According to F.MacDuff and others this statement serve to motivate the students in: a) providing students with an opportunity to recognize their own accomplishments; b) encouraging students to take initiative in their learning, particularly when they are able to formulate their own "I can do" statements; c) providing students with a visual means of proudly sharing their progress with others d) being applicable for students of all ages and all levels of language proficiency from primary through college; e) being possible as a systematic means of

rallying one's own progress; (f) can be a means by which students gauge their own perceived level of language proficiency.

We agree with the opinions of many leading specialists when they say that learners want to know how they are progressing, and want some formal feedback. Parents want to know that their children are receiving effective instructions, stakeholders and other government organizations want to know that teachers are not wasting precious resources by self-indulgence or laziness. Another very important point here is:

teachers and teacher educators will look for the best available information on successful teaching styles, procedures and curriculum organization.

Implementing of CEFR in educational system of Uzbekistan improves step by step. And it effects productively providing of learning English in different stages of educational establishment.

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Annotation

It is no secret that the Asia-Pacific region now is the real “field of geopolitical struggle.” Sino-Japanese territorial disputes focused primarily on the area of the territorial waters around the Senkaku Islands (or in Chinese cartography – Diaoyu islands). In the fact This islands are the cause of territorial conflict between Japan and China two major international political power in the region that has enough power to bring huge changes and destabilize the region.

The article can be conditionally divided into three parts, in the first part I will write about the meaning of “territorial conflict” in the second part I will try to consider the arguments of both sides and in the final part of the article I look through the theories that researchers write about how to solve these problem and give my own plan to resolve the conflict

Key words

Territorial dispute, Diaoyu\ Senkaku Islands, Japan and China, conflict solving

What is territorial dispute?

Before considering the territorial dispute over the Senkaku Islands It will be good to clarify what does the term “territorial dispute” mean. This term has many interpretations and meanings, and even now there are no universal

sense but I decided to stay on the most universally accepted by International Court of Justice «The territorial dispute – a dispute the subject of which is acts, right to establish of the legal regime in the territory. Territorial dispute is characterized by three elements together: actors-states, the existence of the contested border or territory, and clearly define the coincidence of the object and subject of the dispute. » (Simmons B.A (2000)

In this case, states are Japan and China, the disputed territory is island territory in the South China Sea, the subject of

dispute is control of the territory and the right to extract minerals in it.

Senkaku – is a group of small uninhabited islands and reefs with a total area of 6.32 square km. That located in the southern part of East China Sea, about 200 kilometers east from Taiwan. Now the islands are controlling by Japan but China also are interested in this territories and rich oil and gas reserves under the water.

Japan’s main position

Before finding solution of a problem we must see official position of the parties on this issue and the facts that they rely on in their positions. arguments and how they explain their rights to the islands.

Japan’s main position is that the Senkaku Islands – an integral part of Japanese territory. The argument is built primarily on the basis of contracts signed before.

According to official documents by the Japanese government the main arguments of the Japanese side is

1) There is no historical evidence that China effectively controlled Senkaku Islands until 1895

The studies undertaken by the Japanese side, with the support of the authorities of the prefecture of Okinawa, showed that in the islands there was no trace of the population, or signs of control of the territory from China so that according international law allowed Japan, add the island to their territory and There was no acquisition of the territory. As proof of this position, Japan leads the commission report by 1895.

2) In 1895, the Senkaku Islands were incorporated into Japan by the decision of the Cabinet, Island wasn't captured during the first Sino-Japanese War;

Japan has officially included the territory to the territory of Japan before the war, therefore, the territories was captured by research and no annexed by force, a few months before the signing of the contract Simonoseki. Moreover, the agreement between Japan and China had no any words about belongings of Senkaku Islands to the Taiwan, that transferred to Japan.

3) The Senkaku Islands was not included territory from which Japan renounced when they sign San Francisco Peace treaty 1951 year contract;

The Japanese side insists that the Senkaku Islands are not part of Taiwan and the Pescadores, from which Japan renounced because the treaty. In this case, Senkaku islands considered as part of the Nansei

Islands and was placed under US control. Therefore, Japan hasn't refused from Senkaku Islands at the end of World War II.

4) the first time China has put forward its claims to this territory only after the possibility of oil and gas reserves.

China's main position

China began to express their claims to the islands only after a scientific expedition under the auspices of the UN in 1968. Before the discovery of oil and gas in coastal waters, China has no any claims to the territories

September 25, 2012 after the announcement Xi Jin Pin on the new concept of «Great China» government published white paper where they announced that "Diaoyu Islands are indigenous territory of China", (white paper 2015) and as a part of the historical territory of China Beijing has all right to control the territories of island

Based on the text of the White Paper, and other official statements of Chinas officials you can make a list of the main arguments relied on by China in its claims to sovereignty over the islands.

1) the Diaoyu Islands are China's indigenous territory

According the official position of the Chinese government, China first discover the island, gave them the name and started their assimilation. According to Beijing, during the reign of the Ming Dynasty, that was in power from 1368 to 1644, China includes the Diaoyu archipelago in maritime defense area, there by referring to the its intention to defend the island in case of war. Later, the Qing Dynasty, which replace the Ming Dynasty in

1644, the island moves under the administrative control of the Taiwanese government. As evidence of this, China provides a variety of ancient maps that confirm this fact.

2) Japan illegally seized the Diaoyu Islands during the First Sino-Japanese War, ended in the signing of the Treaty of Shimonoseki in 1895, according to which the island moved to Japan as the winning side;

The Chinese government, in their arguments often claims that the Diaoyu archipelago has always been a part of the territory of Taiwan (as evidenced by the provided maps and the history of the reign of Ming and Qing empires), therefore, any movement or seizure of Taiwan island automatically moves Diaoyu with it.

3) According to Cairo Declaration by 27 November 1943 and Potsdam Declaration by July 26 1945, the Diaoyu Islands were returned to China;

As is the case of the Treaty of Shimonoseki, China pass the island of Taiwan, to Japan as a winning party. But Japan declined islands as a result of adoption of the Cairo Declaration and the Potsdam Declaration, as well as the signing of the San Francisco Peace Treaty. According to the official position of the Chinese government, at the end of World War II, the islands were finally returned to China. However, some times after United States include this islands under its wing, which again is illegal, since the archipelago was under the jurisdiction of China. In the White Paper, in particular, it emphasizes that in the islands Diaoyu US and Japan held inconsistent with China trade, which violates the territorial sovereignty of China.

4) Acquisition of Japanese government 3 from the five islands in 2012 is illegal and violates the Chinese sovereignty over the Diaoyu Islands.

As can be seen from recent events, Beijing perceives very sharply to the nationalization of three from five islands by the Japanese government. Japanese side officially bought this three islands from private individuals but China claims that the Diaoyu Islands – part of the Chinese territory.

Consequently, the acquisition of the islands by Japan in 2012, is a gross violation of Chinese sovereignty over the islands.

Scenarios to solve the conflict

Senkaku Islands a small piece of land close to Taiwan and although they have a size of less than 10 kilometers in this territory there are disputes between the two major players in the international arena, China and Japan.

Each side has its evidence and documents supporting their claims to the territory and don't want to lose his interests in that islands. Losing islands also will mean. Losing face at international area. That no one wants. Each side has its evidence and documents supporting their claims to the territory.

Although the islands are rich and some resources such as gas and oil, in essence, they do not bear any particular value for the parties to the conflict, and at the moment many researchers studying the matter and plans put forward the theory according to which the problem can be solved peacefully.

In conclusion I would like to summarize all the above. We can say that Senkaku territorial dispute between China and Japan has bright economic part and also clear political influence.

In general, there are two possible ways for the development of the conflict.

First is that if in the event that the sides decide that the political factor is weightier, the solution of the territorial conflict will be left with no reliance on the future.

But if Japan and China tries to come to the table and with a clear goal to reach a compromise and find a way to resolve the conflict, this can lead to results that are beneficial for both sides, and we should not forget that Japan and China have enormous economic opportunities and weight in the political arena, and their cooperation in mining in the water area, it will greatly strengthen their position in the international arena, and will be the impetus for closer cooperation in other economic spheres.

In other words, summing up, we can say that in this conflict, as in any other international conflict, it is preferable that the parties solve their differences not through unilateral actions, but sitting at the negotiating table and with a firm intention to find a way to solve the problem by concessions and compromises it will always be the better ways than aggression

Conclusion

The territorial dispute around the Islands has escalated with a new force at the beginning of the 21st century and remains under the huge attention of the media nowadays.

This was due to the idea of a possible armed clash between the two strong players on the world stage – China and Japan. However, rumors of a possible armed confrontation between the two major powers are extremely exaggerated, since both states are highly dependent on each other in many areas of life, and their interests in another sphere prevail this conflict

Another important reason, which tells us that this conflict must to be resolved peacefully, is that the Senkaku Islands, is not the only cause of dispute in the region. In the South China Sea, 6 countries – China, Vietnam, Taiwan, the Philippines, Malaysia, and Brunei – each other have their dispute over the Spratly Islands.

There located also controversial Parcel Islands, which can not be divided between China, Vietnam and Taiwan. The islands of Liancourt (Tokdo) in the Sea also can't be divided between South Korea and Japan for many years. Japan also claims to the Kuril Islands, which nowadays belongs to Russia.

So we can say that this region has extremely high conflict potential, so we can't exclude the possibility. that a forceful solution of the problem can lead to a domino effect, which can negatively affect the entire region, and opens old wounds. That will lead to serious changes not only in that region, but worldwide.

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O‘ZBEKISTON JURNALISTIKA VA OMMAVIY KOMMUNIKATSIYALAR UNIVERSITETI MAGISTRANTI

Kamola Hatamova

OAV, Ommaviy kommunikatsiyaning muhim bo‘lagi sifatida.

ANOTATSIYA. Maqolada ommaviy axborot vositalarining jamiyat bilan uzviy bog‘liqligi, uning turlari, kommunikatsiya shakllari hamda yangi tendensiyalari, ommaviy kommunikatsiyaning tayanch funksiyalari tahlil ostiga olingan. Shu bilan bir qatorda ommaviy axborot vositalarining eng asosiy funksiyalari ularning auditoriyaga taʼsiri jihatdan o‘rganilgan. AQSH olimi Jon Dyuning fikri, Lassuell nazariyasi, Makkueyl tadqiqatlari keltirib o‘tilgan va tadqiq etilgan.

KALIT SO‘ZLAR, ommaviy kommunikatsiya, ommaviy axborot vositalari, audiovizual xususiyat, korrelyatsiya qilish, konsensusga qo‘shilish, mobilizatsiya qilish (safari qilish), ijtimoiy maqsad, OAV funksiyalari, OKV funksiyalari.

Jahonning yetakchi jurnalist nazariyotchilari Ommaviy kommunikatsiya vositalari tarixini o‘rganishni bevosita bosma kitob davridan boshlash kerak degan fikrni ma’qullashmaydi. Nega deganda, ommaviy kommunikatsiya vositalarini o‘rganish bevosita ushbu vositalardan ko‘ra insonning ijtimoiy tabiati va psixologiyasiga ko‘proq bog‘liqdir. Ommaviy kommunikatsiya vositalari texnikasi – jonsiz, o‘lik vosita. Unga hayot va ma’no bag‘ishlovchi esa insonlardir. Misol keltiraylik: matbuot paydo bo‘lganiga besh yuz yil to‘lgan bo‘lsa, televidenie bor-yo‘g‘i yetmish yil oldin kashf etildi. Ya’ni, rasmiy xronologik yondashuvga ko‘ra, matbuot televideniedan sakkiz marta ko‘proq umr ko‘rgan, demak, tarixiy, kasbiy tajribasi va xizmatlari jihatidan ommaviy kommunikatsiya vositalari orasida, so‘zsiz, birinchi o‘rinni egallashi kerak. Aslida esa, bunday emas. Doimiy teleko‘rsatuvlar efirga chiqqandan keyin yigirma yil o‘tar-o‘tmas televidenie matbuotni ortda qoldirdi va hanuzgacha ham

ommaviy kommunikatsiya vositalari orasida hukmronlik qilib kelmoqda.

Bugungi kunda aniq bo‘ldiki, televideniedan g‘oliblikni hozircha faqat internet olishi mumkin. Keyin esa vaqt ko‘rsatadi: fan-texnika taraqqiyotining bu qadar jadal sur‘atlari yaqin orada tag‘in ham ilg‘orroq aloqa va axborot vositalarini dunyoga keltirishi hech gap emas. Lekin nega shunday bo‘ldi? Chunki insonning psixologiyasi va ommaviy axborotni qabul qilish xususiyatlari nafaqat matbuotga xos mantiqiy fikrlashga, balki undan ham ko‘ra ko‘proq insonning audiovizual imkoniyatlariga asoslangan. Audiovizual xususiyatlar va imkoniyatlar esa, odamzodda uzoq mingyillik davomida shakllanib kelgan. Buni bilmasdan turib na insoniyat tarixini, na zamonaviy ommaviy kommunikatsiya vositalari samaradorligini tushunib bo‘lmaydi.

AQSh olimi Jon Dyui aytganidek, jamiyat bu kommunikatsiyadir. Bu ommaviy kommunikatsiyasiz kishilik jamiyatining nafaqat faoliyati, hatto, uning

paydo bo'lishi ham mumkin emas edi demakdir. Chunki, shunchaki biologik birlashish uzoqqa bormaydi, jamoatni faqat ijtimoiy birlashuv, ya'ni ijtimoiy munosabatlar orqali tashkil etish mumkin. Ommaviy kommunikatsiyalar chizmasi ibtidoiy qabilada ham, bugungi jamiyatda ham bir xildir. Bunday shartli tasvir to'rtta asosiy qismdan iborat: ommaviy axborotni ishlab chiqaruvchilar – tayyor mahsulot – uzatuvchi vosita – auditoriya.

Lassuell kommunikatsiyaning quyidagi tayanch funksiyalarini belgilab berdi: atrofdagi muhitni kuzatish, muhitga javoban jamiyatning turli qismlarini o'zaro bog'lash; madaniy merosni boshqalarga yetkazish. Boshqacha qilib aytganda, ommaviy axborot vositalari voqea to'g'risida to'liq tasavvur berishda va konsensusni shakllantirishda odamlarga yordam berish uchun axborotni yetkazishi, izohlashi va tushuntirib berishi; ijtimoiy taraqqiyotning o'xshashligi va meros bo'lib qolish uchun hayotiy muhim bo'lgan madaniy qadriyatlar va ramzlarni aks ettirishi kerak. Rayt to'rtinchi muhim funksiyani qo'shdi – bu “ko'ngil ochish” funksiyasi, u madaniyatni yetkazishdan tashqari, yana bir jihatga ega – u, mukofot olib keladi, bo'shashtiradi, tanglikdan ozod qiladi, shu tufayli odamlar hayotiy muammolarni osonroq yecha oladilar, jamiyat esa inqirozlardan qutuladi.

Modomiki, deyarli hamma yerda, ayniqsa inqirozlar paytida, ommaviy axborot vositalari milliy manfaatlarga ko'maklashishi va aniq belgilangan asosiy qadriyatlar va xulq-atvorlar, axloq modelini singdirishlari kerak ekan, Makkueyl shu sinflashtirishni davom ettirdi va yana

bir funksiyani – mobilizatsiyalovchi (ya'ni, safarbar etuvchi) funksiyani taqdim qildi.

Natijada ommaviy axborot vositalarining quyidagi asosiy funksiyalari to'plami hosil bo'ldi:

1. Axborot berish:

- jamiyat va dunyodagi voqeyalar to'g'risida axborot bilan ta'minlash;
- hukumat bilan munosabatlar to'g'risida ogohlantirish;
- yangilanish, moslashish va taraqqiyotni yengillashtirish;

2. Korrelyasiya qilish (ya'ni, voqeyalarni o'zaro bog'lash):

- voqea va axborotlarning ma'nosini tushuntirish, izohlash va sharhlash;
- mavjud hokimiyat va me'yorlarning qo'llab-quvatlanishini ta'minlash;
- ijtimoiylashtirish;
- faoliyatning turli shakllarini koordinatsiyalash;
- konsensusga erishish;
- ustunlikni o'rnatish va tegishlilik maqomi to'g'risida ogohlantirish;

Meroslilikni ta'minlash:

- hukmronlik qilayotgan madaniyatni ifoda etish va shaxslar madaniyatini va yangi madaniy oqimlarni tan olish;
- umumiy qadriyatlarni shakllantirish va qo'llab-quvvatlash;

Ko'ngil ochish:

- ko'ngil ochishni, asosiy ishdan chalg'itishni, bo'shashtirish vositalarini ta'minlash;
- jamiyatdagi tanglikni kamaytirish;

5. Mobilizatsiya qilish (safariy qilish):

- ijtimoiy maqsadda siyosat, urush, iqtisodiy taraqqiyot, bandlik, ba'zan din sohasiga tegishli kompaniyalarni o'tkazish.

Makkueyl ta'kidlaganidek, yuqorida aytib o'tilgan yondashuvlarni ahamiyatiga qarab ham, nisbatan takrorlanish darajasiga qarab ham farqlab bo'lmaydi. Funksiya bilan mazmun orasida aniq muvofiqlik yo'q, chunki OAVning faoliyati sohasida bir funksiya boshqasi ustiga yuklatilib boraveradi, maqsadlar esa ko'lami bilan farqlanadi. Tuzilmaviy funksionalizm g'oyalari, ommaviy axborot vositalarning funksiyasi va disfunktsiyasini auditoriyaning nuqtai nazaridan turib baholaydigan, individual funksionalizm konsepsiyasi kelib qo'shiladi. Uning e'tibori markazida – shaxslarning xulq-atvori, uning sabablari va oqibatlari turadi. Nazariya o'zining keyingi rivojini foyda olish va qoniqish erishish tadqiqotlarida topdi. O'sha paytlarda OAVdan auditoriyaga kelayotgan axborot oqimini baholash maqsadida o'tkazilgan barcha tadqiqotlarni ikkita asosiy guruhga ajratsa bo'ladi. Universitetga qarashli jurnalistika maktablarining bir guruh olimlari, odamlar muayyan yangiliklarni qay tarzda tez bilib olishi mumkinligini o'rganishsa, boshqalari federal hokimiyatning grantlari asosida turli axborotlarni tez va samarali tarqatish yo'llarini o'rganishdi. Umumiy ish e'tiqodlarni o'rganish uslubi bo'yicha tuzilar edi, ammo ko'rsatmalardagi o'zgarishlarni o'lchash o'rniga, axborot auditoriyaga qanday yetib borishi aniqlanardi. Diqqat markazida affektiv effektlar emas, kognitiv effektlar edi. Ma'lumot to'plash uchun boshqariladigan tajribalar emas, so'rovlar o'tkazilar edi.

Xulosa

Bugungi kunda yangi deb atalayotgan ommaviy kommunikatsiya vositalari

1970 yillardayoq mavjud bo'lgan. Dastlab ularni an'anaviy OAVning davomi sifatida qabul qilingan, endi esa, o'z vazifalari aniq belgilab va keng tan olingach, ular ishlab chiqarishga va axborotning an'anaviy shakllarda tarqatilishiga soya tashlamoqda va nazariy tushunib yetilishini talab qilmoqda. OAVning jamiyatdagi o'rnini xolisona tahlil qilishga uringan Garold Lassuel, quyidagi xulosalarga keldi: "Buyuk jamiyatda shaxslarning tarqoqligini jangovar raqs o'chog'ida bir butun qilib birlashtirishning iloji yo'q, minglab va hatto millionlab odamlarni nafrat, iroda va ishonchning umumiy ruhida tarbiyalash uchun yangiroq va kuchliroq qurol kerak"

Yangi OAVning o'ziga xos xususiyatlari bu: markazsizlashtirish – taklif va tanlov endi axborot yetkazuvchilar bilan gina belgilanmaydi; yuqori o'tkazuvchanlik qobiliyati – kabel va yo'ldoshlar orqali uzatish efir orqali uzatishga xos bo'lgan qat'iy cheklovlarni yengib o'tishga imkon beradi; interaktivlik – qabul qiluvchi axborotni tanlash, unga javob berish, to'g'ridan-to'g'ri axborot almashish va boshqa qabul qiluvchilar bilan ulanish qobiliyatiga ega.

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SONG ABOUT GREAT GRANDMOTHERS

The image of historical people in works of Tulkin Hayitov

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The doctoral of philology subjects

Keywords: ancient monastery, Tumaris, unique hero, cultural heritage, clearest indication, announcement

Abstract: *Generally speaking, Tulkin Hayitov has a role to play in the development of a product, but not every evidence that the product has been used to calculate the value of the product. Every human being is a nation, a nation that works as well as a good workplace. In particular, Tulkin Hayitov's "Amir Temur haqida hikoyalar" in 2009, "Eng ulug', eng aziz" is the winner of the Republican Competition, and in the year 2011, the role of the cultural heritage of Uzbekistan in the field of work is the clearest indication of every citizen's work.*

Look at our history, not just for the sake of a better name, but also an unforgettable service to our country. Only Tummaris, the monochrome-based ancient monastery, protects against mudslides of the ancient monastery.

At the same time, both mother and mother are immune to the death of our loved ones, and we have the right to express our sincere condolences to the carers of our everyday life and to express our condolences. One of the top executives in Uzbekistan – a member of the Uzbek party, Tulkin Hayitov, a long-standing jam in history, has been the author of quality.

Uninging a gift, in 1989-1994, Amir Temurning was shot dead, a juvenile and a man, a commanding officer, and a spokesperson, Uldjoy Turkon Oga, who was the author of a good-looking novel. The first part of the novel – «Amir Temur» is the official announcement of the 1996 edition of the «Uzbekistan» magazine published in five copies. I'm not sure

if Bibihonim is right, and Ultimai Turkon has been working hard to find a solution to the problem, and the answer is:

–Thanks, Bibihamis are aware of the fact that the realities of the realities are very small, the people of this world are aware of the truth, but the history of the history of the world is very important, and that is the key to the fulfillment of this task. Kezi, the kick-off, the son of Turki, and the Sohikiron are the mainstay of the cemetery and the anxiety, the mausoleum of the mausoleum. From time to time, Bobo Mirzo has not been able to rush into one of the men's shoes, but he has been crawling down his arms. However, even if Turks Turki had not even borrowed money from the 62-year-old, and even though he was imprisoned in the prison, he was not even aware of the fact that Amir Temur had been killed or even killed. In the case of a whirlwind, the pearl of the deities, the Mufti of the Sohikiron is an amulet and an amulet, and

the reputation of the Prophet is a lifestyle. In Samarkand, Khorazmyn's ruthlessly wound up the knife, greeted the wrestler of the world and prayed for the newborn man. Mine, one of the pilgrimages of grace and mercy! Do not you think that's a good idea? Unfortunately, the image was bad. Also, the mother of the nation was given the right to deliver to our people, the calculation of the debt, and the good, the book, the publishing house published.

Was it not worth the money to pay for it in 2006?

«This is the secret of my heart,» he said.

However, the journalist or blogger, no questions asked. Tulkin Hayitov, in 1990, was one of the most prominent workers in the 1990s, but he had a long way to go, even though he had been using the Amir Temur for a long time. «Amir Temur is the author of the book publishing, which makes it easy to publish, and even the puppies!» These events, of course, have just begun to rest. This is the first time I've ever had a life story— Mezzam was born on September 1, 1991, when I was born. «- The Tulkin Hayitov killed by the gunman. One of the best friends in the world is the «Family and Society» newspaper, the first one in the world, and it's happy to see that: «The President is also the President of the United States, and we have the privilege of committing to the end of his life. Easter meals, I am Amir

Temur, and Uljoy Turkon, but I do not want to lose my job as a teacher, and I want to say, «I'm sorry,» she says. If you do not want to make a mistake, just ask yourself, the person you're talking to, even the Abdulla Kodiriyev's, is too much of anxiety, too. During this period, Tulkin Hayitov has been in the forefront of the story, the story of the musician, the crazy crown, the croaking of the boat. « The doctortold me! We have created this evil, which is described as a sophistication, but it does not fit into the pseudo-wrestling, but even the heroic, even the heroic. As a matter of fact, each executive has a unique hero, but not more love and love.

Generally speaking, Tulkin Hayitov has a role to play in the development of a product, but not every evidence that the product has been used to calculate the value of the product. Every human being is a nation, a nation that works as well as a good workplace. In particular, Tulkin Hayitov's «Amir Temur haqida hikoyalar» in 2009, «Eng ulug, eng aziz» is the winner of the Republican Competition, and in the year 2011, the role of the cultural heritage of Uzbekistan in the field of work is the clearest indication of every citizen's work.

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АВЕСТО ТАРЖИМАЛАРИ: ФАРҚЛАР ВА ЎХШАШЛИКЛАР

Муродова Гулмира Мухиддиновна
(Термиз, Ўзбекистон)

***Аннотация:** Ушбу мақолада Авестонинг уч тилдаги, яъни ўзбек, инглиз ва рус тилларида таржималари ўртасидаги ўхшашлик ва фарқлар Видевдатнинг биринчи фарғарди мисолида очиб берилган.*

Калит сўзлар: видеват, Ахура Мазда, Ахриман, Ийрон Виж, Сугд, Марв, Балх, Нисоя, Хирот, Ваиха Гирта, Аврава, Гўрғондаги Хнинта, Харавята, Хийр-манд, Рай, Чахра, Варина, Рангха

ПЕРЕВОД АВЕСТО: РАСКРЫТИ СХОДСТВА И РАЗЛИЧИЯ

Муродова Гулмира Мухиддиновна
(Термез, Ўзбекистон)

***Аннотация:** В данной статье были раскрыты сходства и различия между переводами Авесто на трех языках, то есть на узбекском, русском и английском языках, в случае с первое фрагард на Видевдате.*

Ключевые слова: Видевдат, Ахура Мазда, Ахриман, Ийрон Виж, Сугд, Марв, Балх, Нисоя, Хират, Ваиха Гирта, Аврава, Хнинта в Гургане, Харавята, Хийр-манд, Рай, Чахра, Варина, Рангха

TRANSLATES OF AVESTO: DIFFERENCES AND SIMILARITIES

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(Termez, Uzbekistan)

***Abstract:** in this article on the basic of Avesto translations in three language which are Uzbek, English, Russian languages is enlightened differences and similarities among translation of first fragart of Videvdat.*

Key words: Videvdat, Ahura Mazda, Ahriman, Iyron Vij, Sogd, Marv, Balkh, Nisaya, Herat, Vaiha Girta, Avrava, Khninta in Gurgan, Haravyata, Hiyrmand, Ray, Chakhra, Varina, Rangha

Икки дарё оралиғи халқларининг жаҳон цивилизациясига, инсониятнинг маънавий камолотиға асрлар давомида кўшиб келган хиссаси бугунги кунда ҳеч кимда шубҳа уйғотмайди. Бугун узок аждодларимиз тафаккури

ва маъна-виятининг буюк мероси бўлмиш «Авесто» китоби ҳам Икки дарё оралиғи халқлари тарихининг энг кўхна саҳифаларини ёритишда муҳим манба бўлиб хизмат қилмоқда. Аммо сўнгги йиллардаги тадқиқотлар шуни

кўрсатдики, «Авесто» ва унинг турли таржималари (ўзбек, рус ва инглиз тиларидаги таржималар) ўртасида муаммоли жиҳатлар талайгина. Мазкур мақолада «Авесто» ва унинг бугунги турли таржималари ўртасида айрим фарқларни биринчи фарғард мисолида кўриб чиқишни жоиз деб топдик.

Авесто қисмларидан бири бўлмиш Видевдат авваллари Вандидод шаклида машҳур бўлган, унинг қисмлари “Кичик Авесто” деб ҳам аталади. Видевдатнинг матн тили бошқалар билан таққослаганда, яъни «Гот»ларга қараганда сўзларда турли хил хатоликларга йўл қўйилган. Шу сабабли ҳам якуний қисмнинг нисбий санаси И.Гершевич таклифига биноан Ахамонийлар даврининг сўнгги даври деб белгиланган.[1;]

Видевдатнинг биринчи фарғарди Ахурамазда яратган ўн олти мамлакат ҳақидадир. 16 мамлакат рўйхати Ариана кенглигидаги Айранавайжа мамлакати билан бошланиб, Рангха дарёси бўйидаги мамлакатни эсга олиш билан тугайди. Шуни ҳам эслатиб ўтиш керакки, Видевдатнинг мазмуни ва тартиби анчайин баҳсли мавзу. Ўз вақтида унда келтирилган номлар изчиллиги авестошунослардан Х.С. Нйберг[2] ва Д. Мончи-Задех[3]томонидан тушунтириб берилган. Олимлар фикрига кўра мамлакатларнинг кўп қисми Шаркий Эронда ва бир қисми Ғарбий Эронда жойлашган.

Хумбач[4] Шаркий ва Ғарбий Эронда ўтказган изланишлари сабабли давлатлар жойлашувини Птоломей томонидан “Мосондро Орос” деб аталган

Парфия ва Ария ўртасидаги тоғда локализация қилади. Мамлакатлар рўйхатининг бошқа талқини Г.Гноли [5]томонидан аниқланган. Юқоридаги олимлар фикрига бироз қўшилмаган Г. Гноли фикрига кўра барча мамлакатлар Шаркий Эрон дунёсига тааллуқлидир. Юқоридагилардан шу хулоса келиб чиқадики ҳалигача ҳам Авесто географияси бўйича олимлар яхлит бир фикрагакелмаган. Масаланинг яна бир жиҳати Видевдат биринчи фарғардидаги мамлакатлар номи, худолар номи ҳамда тузилиши ўртасида турли олимлар таржималарида фарқ ҳамда ўхшашликлар бор. Масалан, Авестони ўзбек тилига таржима қилган Асқар Маҳкам таржимасида биринчи фарғард 21 қисмдан иборат бўлган бўлса, Дарместетер таржимаси [6]да биринчи фарғард 20 қисмдан иборат. Яна бир Авесто таржимаси билан шуғулланган Стеблин-Каменский таржимасида эса биринчи фарғард 20 қисмдан иборат қилиб кўрсатилган.[7]Бундан кўриниб турибдики, Асқар Маҳкам таржимаси қолган икки таржимадан 1 қисм кўпдир. Айни пайтда Авесто таржималарида худоларнинг номларини келтиришда ҳам айрим муаммолар мавжуд. Жумладан, Бош худо Ахура Мазда уч таржимада ҳам [8]бир хил номланган. Аммо ёвузлик худоси ҳисобланган худо Асқар Маҳкам таржимасида Ахриман, Дарместетер таржимасида Ангра Маиню, Стеблин-Каменский таржимасида Злой Дух, шарҳида эса Ангра Маиню деб номланган. Авесто шахсларидан бири Асқар Маҳкам таржимасида Фа-

ридун [9], Дарместетер таржимасида Тратеон, Стеблин-Каменский таржимасида ҳам Тратеон деб кўрсатилган. Авесто худоларидан яна бири Асқар Маҳкам таржимасида Хнасатай, Дарместетер таржимасида Хнатхаити, Стеблин-Каменский таржимасида Хнафаити деб таржима қилинган. Асқар Маҳкам таржимасида Гаршасп,[10] Дарместетер таржимасида Керасаспа, Стеблин-Каменский таржимасида Керсаспа тарзида эътироф этилган.

Яна бир эътиборли жиҳатлардан бири Ахура Мазда ва Зардушт мулоқоти Дарместетер ва Стеблин-Каменский таржимасида биринчи қисмда Асқар Маҳкам таржимасида биринчи ва иккинчи қисмда берилган. Таржималарда кўринадиган жиҳатлардан яна бири бу давлатлар номининг турли таржималарда турлича қисмларда келишидир.

Масалан, биринчи давлат [11]Ийрон Виж Асқар Маҳкам таржимасида 3-4-қисмларда, Дарместетер таржимасида Аирияна Вайжа тарзида 2-3-қисмларда, Стеблин-Каменский таржимасида Арийский Простор шаклида 2-3-қисмларда келтирилади.

Иккинчи давлат Асқар Маҳкам таржимасида Суғд 5-қисмда, Дарместетер таржимасида Сугдхашаклида 4-қисмда, Стеблин-Каменский таржимасида эса Согд шаклида 4-қисмда келтирилган.

Учинчи давлат Асқар Маҳкам таржимасида Марв 6-қисмда, Дарместетер ва Стеблин-Каменский таржимасида эса 5-қисмда келтириб ўтилган.

Тўртинчи давлат Асқар Маҳкам тар-

жимасида Балх 7-қисмда келтирилиб, бу ҳудудда Ахриман адоватдан Браварани яратди дейилади. Дарместетер таржимасида эса тўртинчи давлат Бакдхи шаклида 6-қисмда келтирилиб, бу ҳудудда Ахриманчумолини яратди дейилади. Стеблин-Каменский таржимасида худди шу давлат Бактрия шаклида 6-қисмда келтирилиб, бу ҳудудда Ахриман чумолини яратган дейилади.

Бешинчи давлат Асқар Маҳкам таржимасида Нисоя 8-қисмда келтирилиб, Ахриман бу ҳудудда умидсизликни яратди дейилади. Дарместетер таржимасида Нисоя 7-қисмда келтирилиб, Ахриман бу ерда гумонни яратди дейилган бўлса, Стеблин-Каменский таржимасида Нису 7-қисмда келтирилиб, Ахриман бу ерда гумонни яратганлиги эътироф этилади.

Олтинчи давлат Асқар Маҳкам таржимасида Ҳирот 9-қисмда келтирилиб, Ахриман бу ерда кўз-ёш ва зардоб яратган бўлса, Дарместетер таржимасида Харою (Хариа) 8-қисмда, Стеблин-Каменский таржимасида ҳам худди шу номда 8-қисмда келтирилиб, кўз-ёш ва зардоб яратганлиги кўрсатилган.

Еттинчи давлат Асқар Маҳкам таржимасида Ваиха Гирта 10-қисмда, Дарместетер таржимасида Ваекерата 9-қисмда, Стеблин-Каменский таржимасида Векерту 9-қисмда келтирилган.

Саккизинчи давлат Асқар Маҳкам таржимасида Аврава 11-қисмда келтирилиб, Ахриман бу ерга келиб, зулмпарвар фармонларни яратганлиги, Дарместетер таржимаси-

да эса Урва 10-қисмда келтирилиб, Ахриманбу ерда мағрурликни яратганлиги, Стеблин-Каменский таржимасида Урва 10-қисмда келтирилиб, Ахриман бу ерга келиб ёвуз хукмдорни яратганлиги баён этилган.

Тўққизинчи давлат Асқар Маҳкамтаржимасида Гўрғондаги Хнинта 12-қисмда, Дарместетер таржимасида Вехканас(Хйрцания)даги Хнента 11-қисмда, Стеблин-Каменский таржимасида Гиркания шаклида 11-қисмда келтириб ўтилади.

Худди шу тарзда ўнинчи давлат Асқар Маҳкамтаржимасида Харавята 13-қисмда келтирилиб, бу ерга Ахриман келиб, ”мурдаларни тупрокка топширишдек” кечирилмас гуноҳни яратди дейилган бўлса, Дарместетер таржимасида Харахвайти (Арахвоиа) ва Стеблин-Каменский таржимасида Арахосию шаклида 12-қисмда келтирилиб, ”мурдаларни тупрокка топширишдек” кечирилмас гуноҳни яратди дейилган.

Ўн биринчи давлат Асқар Маҳкамтаржимасида Хийрманд 14-15-қисмда, Дарместетер таржимасида Хаеумант 13-14-қисмда, Стеблин-Каменский таржимасида Хаеумант 13-14-қисмда келтирилган.

Ўн иккинчи давлат Асқар Маҳкам таржимасида уч баҳодир хукмрон бўлган Рай 16-қисмда келтирилиб, хусуматдан суст эътиқодлилиқ гуноҳини яратди дейилган, Дарместетер таржимасида 3 қабила хукмрон бўлган Рагха 15-қисмда келтирилиб, Ахриман бу ерда эътиқодсизлиқни, Стеблин-Каменский таржимасида 3 қабила

хукмрон бўлган Рага 15-қисмда эътиқодсизлиқни яратди, – дейилади.

Ўн учинчи давлат Асқар Маҳкам таржимасида Чахра 17-қисмда келтирилиб, Ахриман бу ерда мурда ёқишни яратди дейилиб, худди шу давлат Дарместетер ва Стеблин-Каменский таржимасида Чахра шаклида 16-қисмда келтирилган ва Ахриман бу ерда мурда ёқишни яратди дейилади.

Ўн тўртинчи давлат Асқар Маҳкам таржимасида Аждаҳони мағлуб этган Фаридун дунёга келган тўрт гўшали Варина 18-қисмда келтирилиб, Ахриман бу ерга келиб, “бемаҳал ҳайз кўрган аёллар қонини” ва ит хукмдорлар асоратини яратди дейилади. Худди шу давлат Дарместетер таржимасида Варена шаклида 17-қисмда келтирилиб, Ахриман бу ерда аёллар қонини ва варварлар зулмини яратди дейилган бўлса, Стеблин-Каменский таржимасида эса Варна шаклида 17-қисмда келтирилиб, Ахриман бу ерга келиб арий бўлмаган хукмдорни яратди деб таржима қилинади.

Ўн бешинчи давлат Асқар Маҳкам таржимасида Хафтруд 19-қисмда келтирилиб, Ахриман бу ерда “бемаҳал ҳайз кўрган аёллар қонини” ва қаттиқ иссиқликни яратди дейилган бўлса, Дарместетер таржимасида Севен Ривер(Хапта хиндава) шаклида 18-қисмда келтирилиб, Ахриман келиб бу ерда аёллар қони ва кучли иссиқни яратди дейилади. Стеблин-Каменский таржимасида эса Индия шаклида 18-қисмда келтирилиб, Ахриман бу ерда ўлдирадиган иссиқни яратди шаклида баён этилган.

Ўн олтинчи давлат Асқар Маҳкам таржимасида Рангха 20-қисмда келтирилиб, зимистонни оламга ғолиб қилди деб эсга олинган, Дарместетер таржимасида ҳам Рангха шаклида 19-қисмда келтирилиб, Ахриманнинг бу ерда кишни яратганлиги, Стеблин-Каменский таржимасида эса Рангха шаклида 19-қисмда келтирилиб, Ахриман бу ерда ҳамкишни яратганлиги эсга олинган.

Бундан ташқари Асқар Маҳкам таржимасида 21-қисмда Ахурамазданинг бошқа ўлкалар яратгани ҳам айтилади. Худди шу ҳолат Дарместетер ва Стеблин-Каменский таржимасида ҳам берилиб, 20-қисмда келтирилган.

Юқорида биз учта Авесто таржимаси билан шуғулланган авестошуносларнинг таржимасидаги фарқ ва ўхшашликларни кўриб чиқдик. Аммо учала таржима ҳам бир манба устида кетаётганлигини инобатга оладиган бўлсак, бу йўналишда ҳали талайгина масалаларни ҳал этишимиз кераклиги аён бўлади.

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NUROTA

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Abstract

This article highlights the principles Nurota people there are many narratives related to the personality of Alexander the Great. Some of the modern Nurota names are composed of Mongolian and Uzbek words. Many caravans came to Nur through the ancient ski slopes. Those who are grateful to him say that they respect Nurota.

Key words: Nurota, ato, Narshakhi, Nuri miyanol, light.

Nurota is one of the oldest in Uzbekistan. Nurata was first mentioned in Narshaki's "History of Bukhara" in the X century, in the form of Nur (in the name of the well-known "Nur")¹. There are various opinions on the formation of the Light and Nurata tape.

In fact, the term "light" appears to have a fountain in the city's shahristan. In the spring and winter months, the water is evaporated from the floodplain at the bottom of the mountain, where water is exposed to the water in the morning, and the light rises from the ground. The rainbow is formed and the surrounding environment is exposed to light. They did not understand it at first. They call the place Nur, for the light to come out of the Earth. Light-Arabic word means "light". The inhabitants of the city know about dozens of narrations.

The local people called their city Nourota, themselves – "nuratoyi". Ato is an Arabic and Persian language, meaning "to give", "to give it a gift", and to say that the flood is a reality by means of a flow of

water through its blood vessels. In addition, the word "ato" is specific to the local phonetics, in the city sayyidato, and Nurgulato is pronounced like Nurato.

It is worth noting that the term "Nurota" was originally not the city's name, but the name of the saint-grandfather Sheikh Abul Hasan Nuri, buried in the sacred grave. Later the city was called Nurota².

About the term "light", which forms the basis of the Nurata toponimi, Narshaki writes: "... It is a great place. There is a mosque in it; It has many rhuboves. People from Bukhara and elsewhere go there every year to visit. The residents of Bukhara have done much in this work; A person who visits a nūr of light has the virtue of the one who has performed hajj; when he comes back from the sacred place, they decorate the city with a good mood. This Nur is called Nuri Bukhara in other regions. Many of the slaves are buried there, and God is pleased with them all!"

Considering that Narshakhi lived in

1 "O'zbekiston Milliy Ensiklopediyasi" – T.: Davlat ilmiy nashriyoti, 2003. – B. 342

2 Annaqulov Sh.G'. Nurota vohasi tarixi (Magistrlik dissertatsiyasi) – T.: 2013. – B. 21

the IX-X centuries, and given the fact that it was written at that time, it is doubtful that it was ancient in nature. At that time, this place was also visited by pilgrims.

He also prophesied that the city of Iskandar Zulkarneyn was founded in the narrations of the people. Among the Nurota people there are many narratives related to the personality of Alexander the Great. In one narrative, Alexander scolds the giant devils, and in one narration, he is described as a just Muslim king. In one narration, Alexander made the castle, but in another version there are other thoughts related to the events.

Later, the city began to be called Nurota in honor of the famous Shaikh Abulhasan Nuri (IX century) who lived here. The Nurota has been a tradition of the Great Silk Road. It has a military-strategic significance in the past and is also considered to be the largest shopping center. The “Nur” fortress was the second gateway to Jizzakh’s Bukhara and Samarkand oasis. Nurata (ancient “Nur”) is a remote town in the north of Bukhara and is located on the border of the mountainous population and nomadic peoples.

Some of the modern Nurota names are composed of Mongolian and Uzbek words, and both say that the word “mountain means” more than a year ago.

Bukhara historian Abu Bakr Muhammad ibn Ja’far Narshahi writes in his book Bukhara’s history, written in 934-944, that he is called Nur as Nuri Bukhara in other provinces. According to Narshahi, Nuri Bukhara, other than Nurhan Bukhara. For example, Zarafshan’s two branches are a village called Nur, on the island of Mya-

jo and between Karadarya and Akdarya. He called it Nuri Miyanol to distinguish it from others. Thus, Nur has gradually gone to Nurota: the word light (arabic) means “light”, and the father in the geographical names means “saints of saints”³. In some sources, there are other details about the origins of this toponym: Some legends about the history of the Nurata District have been preserved. Many caravans came to Nur through the ancient ski slopes. Genghis Khan’s troops went to Bukhara the same way (January 1220) to Bukhara. Therefore, the ski run is called “Khan Road”. The Nurota Somoni was an important strategic fortress in the Abdullaxon era (XVI century) and later.

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³ Qorayev S. Toponimika –T.: 2006. –B. 7

According to myths, nobody lived in the region at first. It was a deserted wilderness surrounded by four sides. The merchants' caravan passes through here. One day a caravan from the caravan went astray and left. It is a long way from the desert to get rid of the scorching heat. Finally, he came to a high hill. The old man ran up the hill and watched it around. Then there was a grass of grass in his sight. The old man was astonished at the heat of the summer on the heat of the summer. As he approached the utopia, he felt the moisture. He then threw his hand around his hand, and after a little rush, the clay came out. The old man was not aware of fatigue. The water jumped from where he had dug it. The old man was very happy. He dug a pile of water around it and began to live there. The merchants passing through here were about to stay in the valley, drink a few days and then drain and then go.

The old man's name was Light. Those who are grateful to him say that they respect Nurota. This place is called the "Nurota Spring". Over time, people began to come to this place. The region has expanded. The name of the place was called Nurota⁴. Speaking of Nurota's location, Karayeva said: Light – the light, the light, the light, the light. Prof. E.M. According to Murzaev, this Arabic word is not actually a geographical term, but in the geographical nomenclature of the Middle and Central Asia, Middle East and the Middle East. For example, the Nurota toponimi originally was Nuri Bukhara because Samurai had a place called Nuri Miyanol.

Academician Z.K. Zokirov points out that Nurata is the first thing that scatters the sting, and the other is the fountain.

⁴ Nabiyev A. Tarixiy o'lkashunoslik –T: O'qituvchi, 1996. –B. 220

SUFII ALLAYAR

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***Annotation:** one of theologian thinkers, great poets, who created a number of significant masterpiece in philosophical artistic and propagandistic manner in the history of Uzbek classic literature. From we have a great spiritual heritage from Sufi Allayar. The didactic works of this great nobleman still serve as a leading key for us.*

Key words: Sufism, Tariqat, Kattakurgan, Vakhshivor, Sabot ul-A'jizin, Sheikh Navruz Eshman, Valiullah

Наша родина – Узбекистан с древних времен поставляла всему миру ученых – интеллигентов, чудотворцев. Суфи Аллаяр один из таких высокочтимых людей.

Суфи Аллаяр один из видных людей в суфизме Накшбандия¹ в центральный Азии, он известный представитель исторической литературы суфизма, суфический поэт, прославленный ученый по религии, и он как государственный деятель заслужил высокого уважения среди народов Туркестана. Особенности его духовного наследия мы начали изучать беспристрастно, оценивая и очищая от пыли в годы Независимости. В последние годы творчеством этого великого мыслителя занимались ученые – академики литературоведы Б.Валиходжаев, И.Хаккулов, Р.Сайфиддинов, Захид Рашид, Нилуфар Аллаярова и нодира Баратова.

Суфи Аллаяр продолжил ислам-

ские традиции литературы в Узбекской классической литературе, он талантливый поэт, который создал своеобразную литературную школу, он великий писатель и богословный мыслитель. Он родился 1644 году в семье Темиряра, который был из рода *Утарчи* из китай – кипчакского племени, который находился в деревне Минг в Каттакурганском бекстве.²

В городе Каттакурган в Самаркандской области с древних времен есть предание. По преданию Суфи Аллаяр бросив должность, вернулся в свою родную деревню, которая находится в бекстве Пайшанба, и он там мирно молился богу. Смотря как убежденный народ тянется к нему брат Аллаяря бек Пайшанбинского бекства Фархад аталик построил для него обиталище там, где воздух чист и свеж, который находится рядом притоком НарпайЗарафшанской реки. Сперва это обиталище было ханакахом

1 Направление суфизма основанное БахауддиномНакшбандом в XIVвеке.

2 OrzibekovRahmonqul. O'zbekadabiyotitarixi.O'zbekistonYozuvchilaruyushmasiAdabiyotjamg'armasinashriyoti – T.:2006.B – 68

и состояло из нескольких *худжра* (комнат) для него и его жены. Постепенно с увеличением числа учеников и последователей Суфи Аллаляря, его брат Фархад аталик расширил границы его обиталища и воздвиг стену вокруг него. Вскоре обиталище превращается в крепость, и в него входит образ жизни города. Бекства Пайшанба находится на границе Бухары и Самарканда и состоит Караултепа и из нескольких больших и малых крепостей. Из – за того что крепость Суфи Аллаляря была намного больше по сравнению с остальными крепостями и выполняло функции центра среди народа крепость Суфи Аллаляря называли Каттакурганом.³

Суфи Аллаляр после того как окончил начальную школу в деревне шейхов, он в 12 лет пошёл в Бухару, чтобы получить образование медресе. Отец великого мыслителя Аллакули был передовым в науке, праведным и благочестивым человеком своего времени, и обращал особое значение, чтобы его дети обучались исламской науке, в том числе и Аллаляря. У Суфи Аллаляря были старшие братья по имени Фархад аталик и Алланазарбий. У Суфи Аллаляря было тяжелая жизнь. Он видел много трудностей жизни и много испытаний судьбы. Смерть его старшего сына, казнь его старшего брата Фархада аталика, хоть он был и в высокой должности при Абулфайзахане.

Суфи Аллаляр после годов обучения работал собирателем таможенных налогов при Абдулазизхане. Властитель

характера дервиша и властелин писательского сердца Суфи Аллаляр отказывается от этой должности и становится учеником великого шейха Навруза. При обучении и влияние великих шейхов Бухары Суфи Аллаляр после двенадцати лет достигает степени шейха, и становятся *валиаллахом* (владельцем чуда).

Суфи Аллаляр писал произведения произведения на двух языках на Узбекском и на персидском – таджикских языках. От него в наследство нам остались несколько произведений. Это «Маслак ул – муттакин», «Сабатул – аджизин», «Махзан ул – муттеен» и «Мурод ул – арифин», эти произведения посвящены на догмы Исламской религии и на толкование суфической науки.⁴ Из этих произведений мы можем удостоверить что Суфи Аллаляр был религиозным ученым, который глубоко знал историю Ислама, Коран, толкование Хадисов, науку теологии и в качестве поэта и писателя, который мог с помощью высокого искусство слово с высоким мастерством побуждать. У Суфи Аллаляря «Маслак ул – муттакин» самая большое произведение и, по его словам, он закончил это произведение в пятницу в месяце Курбан в 1111 году по хиджирскому летоисчислению. Произведение написано на персидском, и его объём составляет более 12000 байтов. «Сабат ул- аджизин» это произведение, которое дано толкование на тюркском языке, посвящена проблемам по самому важному пред-

3 Sirojiddinov Shuhrat. So'fi Olloyor ilohiyoti. 1-qism. Toshkent – 2001. B-12,13.

4 Sirojiddinov Shuhrat. So'fi Olloyor ilohiyoti. 1-qism. Toshkent – 2001. B-12,13.

мету – Догма (акида или акоид) по обучению основ Исламской религии. Произведение «Сабат ул – аджизин» было широко распространена в мусульманских странах, когда еще был жив его автор, и в школах и медресах пользовалась в качестве учебника. После появления типографии это произведение было напечатано в Казане, Боку, Ташкенте и в Хиве.

Суфи Аллаяр последние годы своей жизни прожил в области Денав в Гузарском бекстве, из – за осторожности преследования Бухарского эмира. Последние дни своей жизни Суфи Аллаяр прожил в деревне Большой Вахшивар.

По преданию, до приезда Суфи Аллаяра в Большой Вахшивар, никто там не жил. Это место было местом змей. По этому, название этого место означает ВахшиМар – «место змей». А Суфи Аллаяр был послан сюда, что бы изгнать змей отсюда. Суфи Аллаяр дал письмо своему халифу (последователю), в котором было написано молитва. Суфи Аллаяр дав письмо халифу, приказал ему отнести письмо королю змей, который находится на большом камне в верхней части ущелье Вахшивар. Халиф держав высоко письмо продолжил путь. Почувявший запах человека большие змеи хотели наброситься на него выходя из деревьев и из – под камней. Однако увидив письмо, в котором написано молитва змеи очищали путь, чтоб он мог пройти. В конце он пришел к большому камню. Он дал письмо белой змее, которая сидела на камне. Король змей – белая змея прочитав указ об уходе, громко закри-

чал. В это время отовсюду змеи собрались вокруг короля, и отправились за ним. Вслед за белой змеей ушли все малые и большие змеи.⁵

Выше сказанное предание подтверждает, что Суфи Аллаяр был почитаемым великим человеком. Место его смерти – Вахшивар стало святым и местом паломничество. В этом паломническом месте есть его худжра и посаженное им тутовое дерево. Местное население считает это дерево священным. Ширина тутового дерево составляет размах рук шести человек. В годы независимости начали профессионально изучать произведения этого великого мыслителя. Суфи Аллаяр был высоко оценен в духовности Ислама и он ставится на равне с Имамам Аъзам Джиланий (Гилоний), который считается предводителем направления Ханафия («Абу Ханифаивактаст»). Идеи в произведениях этого великого мыслителя до сих пор не потеряли своё значение, а наоборот и для сегодняшнего дня считается значимым.

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⁵ Мирзаев Равшан. Сўфи Оллоёрга замон боқажак. Фан-Т:2007. Б-41

THE PILGRIMAGE OF KHAZRAT ZAYNULOBIDIN

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Abstract: *In the center of Central Asia, In the territory of Uzbekistan, there are unique sites of history dating back to the ancient times. One of such campgrounds is Hazrati Zaynulobidin, a mosque in the village of Mojurum in Forish district of Jizzakh region. Studying such ancient history sites will help us to understand the history of our ancestors as great saintly manifestation.*

Key words: Hazrati Zaynulobidin, Mojurum village, Kulfisar ota, Abduqodir Jilaniy, holy place.

According to the “Xizonat ul-asfiyo” which is being kept in the fun of Tashkent state Oriental studies called “ Abu Rayhon Beruniy”, two men got the nickname as Zaynulobiddin in the Islamic world. And the first Man named as Zaynulobiddin was Imam Ali, who was born in Madinah. His mother Shahribonu was the daughter of the king of Iran.

The book mentioned above tells that when Imam Ali was praying, the devil came as a dragon In order to bother him. But Imam did not pay attention to him. At this time The God informed to him that the dragon was a devil. Imam punched the dragon after finishing the Duah “ la havla”. Then, Imam heard some voice whispering “ hey, Zaynulobiddin”. Afterwards, he was called as Zaynulobiddin. (page 35)

The second who got the same nickname as Zaynulobiddin was the 24th generation of Hasan ibn Ali ibn Abu Talib, namely, 25th generate on of Ali. His name was Alouddin, but he was also called as Zaynulobiddin. He was killed near the Nogur in by local bullies, at that time his father was also there but could not do

anything to help. He was born approximately 895 year of Hijri and died in 915-year of Hijri.

According to the “ Xizonat ul-asfiyo”, Sayyid Alouddin was 12th generation of Sayyid Ghavsul Azam Abdulqodir Jiloniy.

Hazrat Abdulqodir Jilaniy is the 12th generation of Hasan bin Ali bin Abu Talib. Abduqodir Jilaniy was born in 470 AH (1079 AD) and lived for ninety years, seven months, 9 days. This great man had 42 children, and nine of his children were given great status, and were familiar with the secular and religious knowledge. His fourth son was Sheikh Tajib al-Abdurazzaq, and he had five children. These are: 1. Sheikh Abu Saleh, 2. Shaykh Abulqasim, 3. Sheikh Abdurahim, 4. Sheikh Abulmahosin, 5. Sayyid Jamolullah. ¹

Sheikh Sayyid Jamalullah’s grandfather was very similar to Abdulqadir Jilaniy, and his great-grandson Ghavsul Azam loved his grandchildren. Sheikh Sayyid Jamilullah’s grandchildren had lived longer than their prayers. This great man spent most of his life in Samarkand.

¹ Рустамжон Раҳматуллозода. Аждодлар меросига эҳтиром.-Т.:2006. Б-47.

There is a village and a place called Gavs (Gus) in the Urgut district of the Samarkand Province. As long as the grandsons of Sayyid Abdulqadir Jilaniy lived in Samarkand, it is clear that his descendants came to Urgut and lived here. And if we talk about Zaynulbiddin, his grandfathers lived in Samarkand and Urgut, that means he was also came to Mojurum.

The above-mentioned evidence suggests that the pilgrimage was named for Zaynulbiddin who was the 24th generation of Hasan ibn Ali ibn Abu Tolib, 25th generation of Ali. And there are other reasons claim this opinion:

Firstly, the viewpoint of being named the pilgrimage as Zaynulbiddin and the folktale about his death has been being told for hundreds of years. And that was written in "Hizonat ul-Asfiyo".

Secondly, it is written on page 124 of the book Hizanat ul-asfiyâ that he was killed in front of his father and his body remained in the Mojurum;

Thirdly, in the narration about the Kulfisar-Ata sanctuary to the north of the Nurata-Forish-Jizzakh direction of the ancient caravan, it is exactly the same as saying that "ancient times, the time of idol worshiper, the king ordered his soldiers to kill and cut the head of Zaynulbiddin. When they were coming back after finishing their work they stopped near the Kulfisar-Ata sanctuary, because it was late and walking was impossible.

One old woman was living here with her sons. The woman was the one who believes in God. When she woke up for the sake of prayer, he saw the light falling from the sky to the lanced head between the sleeping soldiers and the head was praying itself. The old woman quickly woke her sons and said, "These soldiers are bad guys, and it seems that a they killed one of the best known saint in Islamic world. They are trying to take the head with themselves, but we have to keep it." Then, with the approval of Allah, a son of the old woman agreed to give her head as a martyr. The bridegroom took his son's head and brought the head of the saint to his chest. When the soldiers left, the old woman joined the head with son's body and buried it.

Fourthly, in this area, there have been dozens of scholars who have been known to have inherited the Islamic world from ancient times, as well as the religious and secular knowledge that has originated in Mojurum.

Nowadays a madrassah has been set up in the village of Mojurum for Zaynulobiddinn. Visitors visit pilgrims from different regions of the country to visit this venue.

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THE LIFE IN THE TURKISH SULTANATE UNDER KARA CHURIN

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***Annotation:** When the warrior, the statesman, Kara Churin, entered the world of politics, there were wars, divisions, conflicts between the princes. His efforts to unite the roots of the Turkish were important for the country's further development.*

Key words: Kara Churin, tribe Ashina, Chronicle "Vendi", Byzantine historian Menandr, Istami.

В золотые страницы истории каждая нация внесла не мыслимый вклад в все мирную цивилизацию. Оставившая большой след в истории Средних веков, династия Ашина основали Тюркский каганат в середине VI века, которые завоевали многие государства от Дальнего Востока до берегов Каспийского моря. Сперва в состав каганата входили Алтай, Южный Сибирь, Етгисув (Восточный Туркестан), бассейн Орхуна, Северная часть Китая.¹

В науке существует несколько теорий о династии Ашина. Ашина – это имя основателя династии. Дегин, Е. Шаван, Станислав Жюлен, Ф.Симокатта, Н.Я. Бтчурин, Н.А. Аристов, А.А. Григорев, Н.В. Кюннер, В.Бартолд, Л.Н. Гумилёв вели исследования о Тюркском каганате и о изменениях в стране во время правления Кара Чурина.² В частности, по мнению востоковеда Магоундина, значение слово

«Ашина»³ означает «верховный волк господин». В тюркском языке понятие волк дается с словом «кашкир», которое означает «волк». А в монгольском языке дается в виде «шоно». На китайском языке приставка «А» считается символом уважения. Слова Ашина в арабских источниках встречается в виде «шане».⁴ Племя Ашина проживала на западной территории Ордоса, на локте реки Хуанхе, в промежутке Наншаня. По летописям китайским династий Чжоу Шу, Бей Си Шу, Бей Ши, тюркские племена проживали в горах (в долине Турфана) на севере Гаончаня. По мнению востоковеда Аристова, предки тюркских племен жили в области Со. Основываясь на выше сказанных словах, что тюркские племена основали союз в Сибири и на северной территории Алтая.

В 460 – 545 годах Асан (Асян), Шад и Туу из племени Ашина основали союз племен. Их социальный строй был своеобразным. В Тюркском каганате отрасль производства была осно-

1 Гумилев Л.Н. Древние тюрки. –Москва :Наука, 1967.-С.,35-37.

2 Бичурин Н.Я. Собрание сведений о народах обитавших в Средней Азии в древние времена – М;-Л.1950; Гумилев Л.Н. Древние тюрки. Москва,Наука.1967.; Аристов Н. А. Труды по истории и этническому составу тюркских племен .- Бишкек , -2000.СӨ

3 Гумилев Л.Н. Древние тюрки. –Москва :Наука, 1967.-С., 60

4 Алимов Д.А. Узбекистондавлатчилигитарихи очерклари. –Т.: Шарк ,2001.-С.,55.

вана на кочевом скотоводстве, они смогли создать своеобразный Тюркский каганат. Как подчеркивает ученый востоковед А.Н. Бернштам, «социальный строй древних тюрков – это начальная форма возникновения первобытных феодальных отношений».

Когда дискуссия идет о социальном строе Тюркского каганата, надо заметить то, что их родовая община пропитала в себя военную демократию. Особенность военной демократии страны, основанная династии Ашина состоит в том, что действовала единая система, которая включала в себя гражданские и войсковые права.

Основная сила Тюркского государство состоит в его армии и в системе правления. Сперва тюркский народ вёл новые войны из – за не хватки земли, потом они вели войны грабить. Это становится основным занятием населения тюркского каганата.⁵ Хотя и было так, но из Тюркского каганата вышли великие политики.

Важные сведения о Кара Чурина мы можем получить из китайских источников «Суйшу» и «Таньшу», из произведения византийского историка Меландра, из произведения Лебо «История Византии», и из произведения Станислава Жюлена.⁶

Когда искусный полководец, государственный деятель Кара Чурина Тюрк Бугухан пришел в мир политики, когда шли междоусобные войны среды

принцев, конфликты династий, разбросанность были на пике. Достижение Кара Чурина состояла в том, что он смог объединить страну, хоть и на короткий срок. Великий Кара Чурина Тюрк смог быть достойным приемником Истами(553-576). Первые походы он совершил против Эфталитов в 555 году во главе Истами. В походах против эфталитов Кара Чурина смог показать своё мастерство полководства племенным предводителям династии Ашина. Не мыслимая отвага Кара Чурина зазывала завоевать западные территории. С 558 года Кара Чурина начал поход к берегам Урал и Волга. В результате победных походов завоеванные земли достались его брату Турсафу и его двоюродному брату Бурихану в качестве улус.⁷ О солнце закатных походах польные сведенья предоставляет нам византийский историк Меландр.

576 – году, когда умер Истами, Кара Чурина как его приемник захватил высшую власть на западе. Кара Чурина удостоился звания Тардушхан. Кроме этого, Кара Чурина⁸ за «величественность» заслужился звания «Бука (Бык)» (герой).

Хоть и Кара Чурина несколько раз совершил походы против Кавказа, Византии, Эргиси (Лазики), и Ирана, он пытался сохранить дружеские отношения. 558 году отправления посла Кара Чурина в Константинополь к импера-

⁵ Бичурин Н.Я. Собрание сведений о народах обитавших в Средней Азии в древние времена –М.: Л.1950 Т. 2. -С., 280-281.

⁶ Stanislas Julien Documentchistoriques sur les Tou-kioue(Turcs) .1864. –P.(<https://wikipedia.com>)

⁷ Бичурин Н. Я. Собрание сведений о народах обитавших в Средней Азии в древние времена –М. ;Л.1950 Т. 2 .С. 265.

⁸ QoraChurin - “qoradard” balkimoxovligiuchun. Абу БакрНаршахий, Бухоротарихи. - Т.: Фан,1966 –Б. 98.

тору Маврикию (539-602) доказывает, что он пытался возродит дружеские отношения. Послы во главе с Маниахом отправились через северный берег Каспийского моря, они достигли Византии через Кавказ. Основная цель этой экспедиции заключалась в том, что они должны были устоновить политические связи с врагом Ирана – с Византии.⁹ В результате этой экспедиции был заключен договор против Ирана. Осенью того же года послы Византии во главе С Замархом были отправлены в Тюркский каганат. Следующая экспедиция была организована в 598 году. С помощью послов в стране Кара Чурина подчеркивается то, что была остановлена внутренняя противоречивая войны, которая длилась несколько лет, и был нанесен сокрушительный удар врагам. Кара Чурин этими словами хотел сказать, что он установил в стране крепкую страну как чинар и в стране стало дуть ветром мира. Причина того, что Кара Чурин хотел установить связи с Византии состоит в том, что он намеривался оперится на Византию чтобы прекратить конфликты в Кавказе.¹⁰

Важная территория для Кара Чурина была Центральная Азия. Шелк, который отправлялся с Китая на Византию проходил через территорию Согдианы. Согдиана считалась центром торговли шелка. Постепенно на основе этих прав Согдиана пыталась принять

участии в политической жизни каганата. Даже Согдийская знать стала устанавливать родственные связи с представителями династии Ашина.¹¹ Если будем основываться на сведеньях китайского источника «Суйшу», жена правителя Согдианы была дочкою Кара Чурина Тюрка. Все мы знаем, по тюркским традициям важно то, что женщина из какого сословия происходить. Женильба правителя Согдианы с предстательницей династии Ашина, подняло его положение в каганате. Как упоминается в воспоминанияхЦянь Цзяна, половина населения Согдианы занималось торговлей. Основываясь на сведеньях Цянь Цзяна, мы мщжем сказать то, что Согдиана была одной из центров Западного Тюркского каганата. Делая с этого вывод, Согдиана достигла пика своего развития в начале VII века.

И сам Кара Чурин поддерживал знать Согдианы. Потому что китайский император Вей – Чжоу дарил в больших количествах шелк, из –за того, сто только по документам покорялась империи Китая. Он хотел вывести этот шелк в Византию с помощью согдийских торговцев.¹²

Одно из задач, которые стоят перед историками в том, что в летописях «Венди» существует некоторые разногласия о походах Кара Чурина в Китай. Тардушхан приводит следующие причины отступления во время пика бит-

9 Гумилев Л.Н. Древние тюрки. –Москва:Наука, 1967. -С.,90

10 Пигулевская Н. В. Византия на путях в Индию. Из истории торговли Византии с Востоком в IV-VI вв. –М.: Л , 1951.- С. 203.

11 Бичурин Н. Я.Собрание сведений о народах обитавших в Средней Азии в древние времена –М.:Л.1950 Т. 2 .С. 283-284.

12 Пигулевская Н. В. Византия на путях в Индию. Из истории торговли Византии с Востоком в IV-VI вв. –М.:Л , 1951.- С. 209.

вы. В летописях «Венди» говорится так: против Тардушхана поднимается восстание с персами, эфталитами и хотансами. По этому Кара Чурин Тюрк был вынужден отступить. Про эти восстания нет никаких сведений в дневниках тюркского хана. Весьте Китайского императора о расширение войны на западе очень сомнительно. В следующих веках об этом в источниках «Суйшу» и «Таншу» ничего нет. Потому что, именно в это время, то и есть в последней четверти VI века во обще не подходит к политическому положению в Иране и в Центральной Азии. Например, поднятие восстания против Тюркского каганата такого маленького государство как Хотан, не подходит к здравому смыслу. В Хотанском бекстве в это время численность армии составляла четыре тысячи человек. Если будем останавливаться на эфталитах, то они сами были под эгидой Ирана. А Иранские правители вели беспощадные войны с Византией в Месопотамии.¹³

Несмотря на то, что Кара Чурин установил дружеские отношения с Византией, возникали войны из – за конфликтов на торговых путях. В 576 – 583 годах Тардушхан вел войну с Византией. Он доверил главенство в этих походах своему двоюродному брату Бурихану. Последнее сражение с Византией было в 584 году¹⁴. Но намеченной цели не добились. Основная цель

Кара Чурина от этого похода состояла в том, что он хотел завоевать государство Эргиси и Лазики через Кавказ. Безуспешность этого похода видна в том, что численность жертв составляла 300 тысяч человек, и их тела лежали на 160 километровой расстоянии. Кара Чурин не осмелился входить в последующие большие битвы с Византией.

С одной стороны, непрерывные войны, походы на Иран и Византию увеличил опыт тюркского каганата, с другой стороны стало причиной распада каганата. Только в 600 году Кара Чурин объявил себя ханом, из – за междоусобной войны за престол.¹⁵

Сделав вывод можно сказать, Кара Чурин поднял военную, экономическую и политическую мощь Тюркского каганата на еще одну ступень. Благодаря большим достижениям в военной сфере экономика страны процветала предельно высоко. Но великое государство, которое конкурировало с империей Китай во время правления Кара Чурина, распалось в междоусобной битве за трон после его смерти.

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ANAMNESIS ANALYSIS OF THE HEALTH STATUS OF GIRLS ENGAGED IN SPORTS IS HANDBALL

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Background. Reproductive health of girls, girls and women is a national asset. However, in recent years, the medical community has become concerned about the problem of the increased incidence of the sexual sphere in women and, most importantly, in girls and girls. Since ancient times, throughout the world in the life of man, the problem of sport has been and continues to be one of the most important. In all sports, only young people are involved. A large proportion of athletes falls to adolescence. According to WHO, the adolescent period is 10 to 19 years old, which covers the period of life from the onset of puberty to adulthood.

The aim of the study: To study the state of health of girls engaged in sports, according to the data of outpatient cards and questionnaires – questionnaires

Materials and methods of examination: The study includes all teenagers engaged in one sport – handball. We based on questionnaires and outpatient cards conducted a comprehensive study of the health status of 184 girls aged 11 to

21 years. Questionnaires were compiled by our institution and implemented in the practice of sports medicine.

Results of the discussion: When studying the questionnaire, it was revealed that 70.6% of adolescents (130 people) had acute respiratory viral infections of acute respiratory infections, parainfluenza, adenovirus infection, as well as childhood diseases, in the form of hepatitis A (13%), otitis 8%) and rhinitis (8%). In general, it can be noted that students engaged in sports were sick rarely, this indicates that engaging in any sport increases the body's immune system that affects the health of a person.

Conclusions. The survey of female athletes has established that the age graduation ranged from 11 to 21 years. The leading of the somatic diseases are diseases of 70.6% of adolescents (130 people), acute respiratory viral infections influenza, parainfluenza, adenovirus infection, as well as childhood diseases, in the form of hepatitis A (13%), otitis (8%) and rhinitis (8%).

PSYCHOLOGICAL TESTING OF THE LEVEL OF PERSONAL ANXIETY OF FEMALE ATHLETES BY THE METHOD OF SPIELBERGER-KHANIN AND LUSHER

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The urgency of the problem. Today in the country millions of children and teenagers are engaged in sports and most of them are also girls and girls. In sports, many factors work simultaneously on the female body, the main of them are the increasing physical loads, and not least the psychological stresses, which in turn become stressors that have a trigger mechanism in the development of violations of adaptive physiological processes.

Purpose of the study. To study the mental state of health of female athletes on the basis of psychological testing.

Materials and methods of research. The object of testing were 184 girls who underwent experimental-psychological testing including tests of the level of per-

sonal anxiety by the method of Spielberger-Khanin and Lusher.

Results. When testing the personality characteristics of girls involved in sports, the psychological method was used with the help of Spielberger-Khanin and Lusher tests, light anxiety-depressive disorders were detected in 45.0%, violations of moderate severity were detected in 40% and severe in 15% when tested on the age of 70% of girls were scary for 17 years. 30% of cases accounted for the age graduation of up to 17 years, which is the most prosperous age.

Conclusions. Experimental-psychological testing of girls after high loads revealed mild anxiety-depressive disorders in 45%, moderate severity 40% and severe 15%.

DIFFERENTIAL APPROACHES TO TREATMENT AND REHABILITATION OF PATIENTS WITH PAIN IN SPIN IN AMBULATOR CONDITIONS

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Background. Analysis of the frequency of treatment in the outpatient network of our country showed that more than 40% of patients in polyclinics come to the doctor with a complaint of pain. Epidemiological studies conducted in recent years in several countries of the world have shown a high prevalence of pain syndromes among the adult population. For example, in Europe, according to a large-scale epidemiological study, chronic pain affects about 20% of the population. The most common cause of non-oncological chronic pain syndromes are arthralgia and arthritis (35%), as well as back pain (24%).

The purpose of the study was identify effective method of the treatment and rehabilitation in patients with back pain in ambulatory condition.

Diagnosis. When interviewing and examining a patient with back pain, the doctor should remember the “symptoms of the threat”, the presence of which may indicate the possibility of the patient having a serious, sometimes life-threatening disease. According to international standards, in the absence of a patient with back pain “symptoms of threat” or radicular pain, there is no need to conduct laboratory and instrumental examinations, including radiography of the spine or

studies using methods of computed tomography and magnetic resonance imaging (MRI). It is important to remember that imaging techniques with high frequency reveal degenerative-dystrophic changes in the spine, even in patients without back pain. Thus, according to the MRI of the lumbar spine, asymptomatic hernias of intervertebral discs are detected in individuals under 40 in 30-40% of cases, and in individuals over 60 years – in 100% of cases. Osteochondrosis can be considered only a prerequisite for the occurrence of back pain, but not its immediate cause.

Treatment and rehabilitation. Treatment of patients with nonspecific pain in the back should be directed primarily to the regress of pain symptoms, which helps restore the patient’s activity and reduce the risk of chronic pain. In the acute period, it is necessary to limit physical activity, avoid lifting weights, prolonged sitting or lying down. Rehabilitation is a key point in the therapy and prevention of back pain of any type, it helps to ease the patient’s condition and restore functioning (as far as possible). Rehabilitation should be started as soon as possible, specific methods depend on the strength and duration of the pain syndrome. The effectiveness of rehabilitation measures is

assessed by VAS. Rehabilitation can be carried out both individually and within the framework of group sessions under the supervision of a rehabilitation specialist. The purpose of the classes is to give the patient information about safe movement and self-care at home, at work, etc. It is important to train the patient to keep the correct posture and to observe ergonomic (optimal) conditions for making movements, as well as to perform basic household movements without causing aggravation of pain. It is also important for the patient to teach the basics of household back protection.

Conclusion. Treatment of patient with back pain is always personalized, includes the entire available arsenal of medicinal and non-drug methods, taking into account the age of the patient and the treatment that he receives for co-morbid-

ities. Typically, it is acetylsalicylic acid, anticoagulants, as well as drugs that have hepatotoxic properties, for example, paracetamol. When prescribing drug therapy, one should adhere to the principle: the minimum dose of NSAIDs for the shortest possible time. Physiotherapeutic methods of treatment, for example, heat and/or cold treatment, massage, ultrasound, electrostimulation methods, traction, manual therapy, acupuncture and stretching exercises are more effective than drug based treatment. However, the only thing that provides a favorable prognosis for back pain is continuation of normal activity. It is proved that simple exercises are useful for chronic, subacute and postoperative pain syndromes in the back. At the same time, the rest of the physiotherapy methods to date there is no convincing evidence of effectiveness.

MENOPAUSE AND CHRONIC KIDNEY DISEASE: LITERATURE REVIEW

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ABSTRACT

Premature menopause, defined as secondary amenorrhea, is common in women with kidney disease. In addition, an aging population has led to increase in postmenopausal women with kidney disease. Although the pathophysiology is poorly understood, liver transplantation and more frequent hemodialysis may restore menstruation and fertility, highlighting the problems of diagnosis and management of menopausal transition women with kidney disease. Levels of sex hormones in postmenopausal women affect renovascular physiology, but the clinical impact of menopause on renal function is unclear. There are no recommendations on the use of postmenopausal hormone therapy among the population with kidney disease and study of the effect of postmenopausal hormone therapy in patients with kidney disease is limited to surrogate indicators of cardiovascular risk and fractures. Study examining the effect of postmenopausal hormone therapy on renal function and albuminuria, have reported conflicting results, which probably reflect differences in the composition, the route of administration, accompanying progestin and the timing of the start of treatment. Large, prospective study examining the relationship between renal function and menopause, as well as the impact of postmenopausal hormone therapy on important clinical outcomes in women with kidney disease.

Keywords: Amenorrhea, chronic kidney disease, end-stage kidney disease, estrogen, menopause, postmenopausal hormone therapy.

On the other hand, vasomotor symptoms (VMS) are common symptoms of menopause, occurring in 30-50% of cases of perimenopause, and 30-80% of women in post-menopausal period. While the pathogenesis of SMS is not fully understood, VMS, believed to be due to thermoregulatory dysfunction, leading to exaggerated activation of heat dissipation, including peripheral vasodilation and sweating. Vasomotor symptoms were associated with higher prevalence of cardiovascular risk factors and subclinical

markers of cardiovascular disease. Therefore, VMS can help to identify women with increased cardiovascular risk. Indeed, participants in the Initiative for women's health initiatives (WHI), who developed VMS after menopause (late VMS), were at increased risk of cardiovascular events and mortality, whereas women with early VMS was lower compared to women who never experienced VMS. It was reported that chronic kidney disease (CKD) affects 15% of all women in Uzbekistan, but relatively little is

known about the relationship between CKD and menopause. Women with end-stage renal failure have features of accelerated aging, premature menopause, bone fractures and cardiovascular events. 10-14 women with earlier stages of CKD experience premature cardiovascular morbidity and may also experience an excess burden of fractures, however research menopausal characteristics across the entire spectrum of renal function do not exist.

We considered several baseline factors as covariates in these analyses that can lead to an Association between CKD and VMS, including age, race/ethnicity (self-assessment black, white, Uzbek or Russian, black or African-American), diabetes, hypertension, hyperlipidemia, cardiovascular disease (cardiovascular disease), body mass index (BMI), history of Smoking, alcohol consumption, physical activ-

ity, previous use of hormone therapy (HT) and longitudinal analyses of the active arm HT for participants in clinical trials hormone therapy. Diabetes was defined as self-report of taking pills or insulin and / or serum fasting blood glucose > 126 mg/DL. Hypertension was defined as systolic blood pressure > 140 mm Hg. St. On the other hand, diastolic blood pressure > 90 mm Hg. St. Alternatively, took the pills for hypertension. Hyperlipidemia was defined as total cholesterol= 240 mg/DL or LDL > 160 mg / DL or taking medications that reduce cholesterol levels. The history of the survey, alcohol consumption, previous cardiovascular disease and previous use and duration of hormone were set in the questionnaire. Physical activity was established by using personal data about personal habits and classified in the total metabolic equivalent (MET) per week.

MENOPAUSE AND CHRONIC KIDNEY DISEASE: LITERATURE REVIEW

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Summary

Vasomotor symptoms (VMS) are common symptoms of menopause, occurring in 30-50% of cases of perimenopause, and 30-80% of women in post-menopausal period. While the pathogenesis of VMS is not completely understood, VMS, believed to be due to thermo-regulatory dysfunction, leading to exaggerated activation of heat dissipation, including peripheral vasodilation and sweating. Vasomotor symptoms were associated with higher prevalence of cardiovascular risk factors and subclinical markers of cardiovascular disease.

Keywords: chronic kidney disease; menopause; vasomotor symptoms; coronary heart disease.

ABSTRACT

Background. This study aims to determine whether the different symptoms of menopause between women with chronic kidney disease (CKD) and women without CKD, and whether CKD modified associations of late vasomotor symptoms (VMS) can cause and / or cardiovascular events.

Materials and Methods. CKD, defined as estimated glomerular filtration rate less than 60 ml / min / 1.73 m (using equation combines epidemiology of chronic kidney disease) were identified in 72 postmenopausal women aged 50 to 79 years. The primary outcome was the presence, severity, and time / duration of VMS (self-test hot flashes and night sweats) at baseline. We used multi-volume logistic regression to test associations among CKD and four VMS categories (no VMS, early VMS-present before menopause but not at

baseline of the study, late of VMS is present only at baseline of the study, the permanent VMS-present before menopause and study baseline data) and Cox regression to determine whether CKD modified associations between late VMS and or fatal cardiovascular events.

Findings. In women with CKD (41 out of 72, the average estimate of glomerular filtration rate, a 50.7 ml / min / 1.73 m), more likely to have had menopause before the age of 45 years (28% vs 24%, $P = 0.02$), but less likely to VMS (37% vs 45%, $P = 0.001$) than women without CKD. Women with CKD are not more likely than women without CKD, experiencing late VMS. Late VMS (hazard ratio, 1.15 m, 94% CI, 1.05-1.31) and CKD (risk ratio of 1.76, 95% CI 1.53-1.96) were independently associated with increased risk of mortality, but CKD did not change the Association of late VMS

with mortality (Pinteraction = 0,52), coronary heart disease (Pinteraction = 0,13) or stroke (Pinteraction = 0,67).

Conclusion. Women with mild CKD experience earlier menopause and fewer VMS than women without CKD.

SURGICAL TACTICS AT ACUTE INTESTINAL OBSTRUCTION OF TUMORAL GENESIS

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Background. Despite achievements of modern clinical surgery, modernisation of reanimation service and introduction of new medical technologies, there is a multitude of pathologies which the medicine should control in the century XXI. One of such pathological states which demands special attention and waits for the decision is acute intestinal obstruction (AIO).

The urgency of a problem of diagnostics and treatment of AIO is conditioned by that lethality at this disease is 16-27% and has no tendency to depression and surgeons are often needed to operate patients of elderly and senile age with accompanying diseases of cardiovascular system and breath organs.

Proceeding from the above-stated, the purpose of the present report is improvement of results of timely diagnostics and surgical treatment for AIO patients of a tumoral genesis by the retrospective analysis of National Center of Oncology of Uzbekistan materials.

Material and methods. We have analyzed results of treatment of 182 patients at the age from 18 until 80 years with AIO, which were subjected to various surgical procedures concerning verified colorectal cancer diagnosis during 2011 – 2015. Middle age of patients was 61.2 + 0.2 years including 72 (39.6 %) men, 110

(60.4 %) women.

When entering the hospital complex methods of diagnostics were conducted for all patients according to algorithm of primary inspection of colon cancer patients.

On the basis of the obtained results and expression of clinic of impassability the patients were divided into 3 groups:

I – compensated – 18 (9,9%) patients;

II – subcompensated – 90 (49,4%) patients;

III – decompensated (full retentive obstruction) – 74 (40.7%) patients.

Results. According to anatomical structure of a colonic intestine at our patients, following localizations of the pathological centre are revealed: tumor was localized in the right half of colonic intestine at 54 (29.7%) patients, in cross-colonic intestine at 10 (5.5%), in the left half of colonic intestine – at 118 (64.8 %) patients.

At 108 (59 %) out of 182 patients the tumor was of Stage III and Stage IV at 74 (41%).

Histological research has revealed adenocarcinoma of various differentiation degree at 144 (79.1 %) patients, undifferentiated cancer at 8 (4.4 %) patients, solid at 15 (8.2 %) patients, mucous at 12 (6.6%) and carcinoid tumor at 3 (1.7 %) patients.

As emergency 53.8 % of patients have been operated, urgently – 42.0 % and in the delayed order – 4.2 % of patients. In all cases, operation was started from median access.

Out of 54 patients with right tumor localization the right hemicolectomy was performed at 37 (68.5%); at 5 (9.3%) there was imposed bypass ileo-transverse anastomosis as the first stage of radical treatment, subsequently they were subjected to radical surgery. 8 (14.8 %) cancer patients of Stage IV were imposed to ileo-transverse anastomosis as a palliative intervention, to 4 (7.4%) patients double-barreled ileostomy have been raised.

There were operated 118 colon cancer patients with left localization of which 75 (63.6%) were subjected by Gartman radical operation or left hemicolectomy, out of 43 (36.4%) the acute intestinal obstruction was eliminated by applying double-barreled colostomy without removal of tumor at 39 patients, bypass transverse-sigmo anastomosis at 3 patients, cecostoma at one patient. Out of the indicated 43 patients at 24 there was a cancer of Stage IV, and at 19 patients the interventions unloading intestine were the first stage of radical treatment.

Out of 10 patients with tumor localization in cross-colic intestine 2 have had expanded right hemicolectomy, 3 patients had left hemicolectomy, 3 patients had resection of cross colic intestines and 2 patients had bypass anastomosis,

At 78 (42.8%) patients the acute intestinal obstruction has been complicated by peritonitis: serohemorrhagic or serofibrinous (32), fibrinopurulent (40) and fecal

(6). Besides it, at 4 patients the perienteric abscess was found out as a result of tumor microperforation.

The analysis has shown that in the postoperative period the general frequency of complications connected with carried out surgical manipulation was 18.6 % (34 patients).

At the same time we differed complications both local and general character. So out of 34 patients at 25 (13.7 %) there was presence of complications of local character which are directly connected to the carried out operation. At the others 9 (4.9%) patients there were observed complications of the general character – extra surgical complications, i.e. functions of the vital organs and systems against absence of organic changes from a zone of operational impact.

Among complications of a local genesis mostly often there was observed pyesis development of postoperative wound – at 11 patients. Besides, inefficiency of anastomosis seams took place at 8 patients, ostomy immersing in an abdominal cavity with the subsequent peritonitis – at 4 patients, parastomal abscesses – at 2 patients.

Among complications of the general character there were observed: acute cardiovascular and respiratory insufficiency – at 5, acute thromboembolism of pulmonary artery – at 2, acute hepatorenal insufficiency – at 1 and acute multiple organ failure – at 1 patient.

It is necessary to note that despite the carried out actions at 19 (10,4 %) were observed lethal outcomes out of 34 patients with postoperative complications.

Out of 120 (66%) patients radically operated under the presence of acute intestinal obstruction 12 (10.7%) have died. All 12 patients who were operated to remove a tumor after preliminary elimination of acute intestinal obstruction surgically, have safely survived the operation. Out of 62 (34%) patients who had palliative intervention, have died in the early postoperative period 14 (24%), including at 3 of stage III cancer, and at 11 of stage IV has been defined.

The death reason was progressing peritonitis at 12 patients, anastomosis seams inefficiency at 2 patients, thromboembolism complications at 3 patients, cancer cachexia at 2 patients, cardiovascular complications at 5 patients.

Conclusions 1. At the colon cancer to be complicated by obturative obstruction it is necessary to aspire not only to liquidate complication but also to perform radical primary operation which favorably differs by that the tumor is removed as source of intoxication and metastasis. 2. At right localisation of a tumor it is admissible to perform hemicolectomy with applying of ileo-transverse anastomosis. At left localization in case of little changes in intestine wall the resection with anastomosis applying is possible, and in case of the expressed obstruction the operation is carried out in volume of obstructive resection (Gart-

man operation). 3. Unloading and draining operations are carried out in cases of a serious initial condition of the patient, expressed intoxication, presence of unresectable tumors or generalization of malignant process.

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THE IMPORTANCE OF COOPERATIVE LEARNING AND GROUP WORK IN ENGLISH CLASSES

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***Abstract:** This article deals with the importance of using cooperative learning and group work to actuate the learners' participation in EFL classes. They are beneficial for learners to express their opinions freely and confidently. As features of Communicative Language Teaching cooperative learning and group work give opportunity for learners to be confident and work collaboratively, strengthen communication skills and their academic language proficiency.*

Key words: Communication, Communicative Language Teaching, productive and receptive skills, a student-centered, positive interdependence, collaboratively, confidence, community of learners, new pedagogical principles.

Nowadays English language is accepted as a language of communication all over the world and it is paid great attention to teach this foreign language in our Uzbekistan. And the main sources of scientific and intellectual personnel are qualified specialists that graduate universities and make their contribution in developing of the country by investigating the languages. This is a new generation that helps the progress to move on in all of the spheres of the language study. New methodical recommendations, strategies and manuals are designed on the basis of their research works.

In order to activate students the teachers use various activities in their classes. As an English teacher I noticed from my investigations that cooperative learning and group work are more beneficial for learners to express their opinions freely and confidently.

Cooperative learning, put quite simply, is a type of instruction whereby students

work together in small groups to achieve a common goal. Cooperative learning has become increasingly popular as a feature of Communicative Language Teaching (CLT) with benefits that include increased student interest due to the quick pace of cooperative tasks, improved critical thinking ability, and the opportunity to practice both the productive and receptive skills in a natural context. The array of benefits extends beyond increased language learning to include increased self-esteem and tolerance of diverse points of view.

Although cooperative learning has numerous variations, Johnson and Johnson (1999) indicated five features of a successful cooperative learning activity:

(1) students learn that their success depends upon working together interdependently; (2) students are individually accountable while achieving group goals; (3) students support and assist one another's success through face-to-face interactions; (4) students develop social skills

by cooperating and working together effectively; and (5) students as a group have the opportunity to reflect on the effectiveness of working together.

When these principles are realized, cooperative learning creates a rich environment for students to learn language and simultaneously develop their capacities for collaborative twenty-first-century communication and problem solving. Students can reap all of these benefits by working cooperatively in the classroom, so it is no wonder that teachers desire to pool the resources in our classrooms, namely our students, to maximize student learning through cooperative learning opportunities.

The culture of cooperative learning

As teachers of English language learners, we often forget that many of the strategies that our discipline embraces as the most appropriate means for reaching our students are, in fact, culturally specific and driven by assumptions about communication that, at times, need to be taught explicitly in order for such activities. Consider providing students with opportunities to practice communication within a group by allowing whole class conversations to occur freely without constant teacher direction. By creating an atmosphere that encourages social interaction within a group, teachers allow students to become more comfortable with the structure of the cooperative learning lesson design. Allow students the freedom to discuss ideas in class discussions openly without raising their hands for permission to speak.

The teacher can create discussions that overlap and build upon the students' ideas by providing different statements to initiate discussion.

While cooperative learning is often time-consuming, by working together, students simultaneously strengthen both their basic interpersonal communication skills and their academic language proficiency.

Group work is a student-centered way of teaching that emphasizes collaboration, cooperation, and teamwork. Sometimes teachers use groups to work on short activities in an informal way. However, a more formal structure to group work can provide many benefits for the students as well.

Why use group work?

Researchers have found that social support is important for learners to be successful in the classroom. Working in groups allows students to be in an interactive environment. This interaction helps them to develop language and social skills. During group work, students are engaging with the task, increasing their confidence, and becoming responsible for their own learning. Working together is effective because students interact meaningfully in the target language and get helpful feedback from peers. Students develop "positive interdependence." This means that they encourage and help each other by sharing ideas and knowledge to reach a common goal.

In many cases, group work can help you manage your classroom successfully regardless of class size or content. Group

work creates an atmosphere that encourages successful behaviors. Working in groups engages students with others who may have different sets of language and social skills. Using smaller groups to meet classroom goals allows students to develop skills that are valuable in life and work,

What if groups are noisy or arguing?

Students who are focused, engaged, and working collaboratively can seem noisy at times. Teachers should have clear expectations and assign student roles and responsibilities. There will still be noise, but this will be the positive noise of students completing meaningful learning tasks. In addition, some groups will experience conflict and disagreement with their members. Teachers can show ways to deal with conflict and help students learn to manage themselves.

Group work takes thought and planning. However, even in large groups, if there is clear instruction, group work can be an extremely successful tool for engaging students in the classroom and helping them to remember key concepts.

Organization is one of the most important features of effective group work. For group work to run smoothly, the teacher must plan carefully.

First, teachers should structure an early lesson to help students understand the elements of group work. The lesson should have four key components: a respectful and safe community of learners,

communication skills for group work, strategies for dealing with conflict, and classroom expectations for working in groups. For group work to be effective, students need to understand the purpose and goals of the group task and the criteria for success.

Teachers should also plan tasks that promote learning and are meaningful and authentic. Small groups might practice for a larger whole class presentation. Each student could create a piece of information for their group that helps complete a learning task. Group members could discuss ideas related to a topic and decide on the top three ideas.

To summarize, students cannot identify themselves in the mass and lose any interest in studying. The implementation of cooperative learning and group work in small classes gives a chance to a student to express himself in a group which is composed of students with similar background. However, everything is based on new pedagogical principles.

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ANALYSIS OF EFFECTIVE APPROACHES IN TEACHING FOREIGN LANGUAGES

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Key words: fundamental approach, cognitive approach, communicative approach, learning strategies, deductive approach, inductive approach

Ключевые слова: Основной подход, когнитивный подход, коммуникативный подход, стратегии, дедуктивный подход, индуктивный подход

Аннотация

Данная статья посвящается исследованию новейших методов и подходов преподавания иностранного языка. В статье также подробно описывается некоторые методы и подходы, а также их эффективность в процессе обучения.

Abstract

The article is devoted to the investigation of modern methods of teaching foreign languages. Moreover the article describes some approaches and methods which effective in teaching process. A lot of examples are given in article.

The term «method» has two meanings: the method as a methodical system or fundamental approach in teaching the subject at a particular historical period of development of science and technique as a means of achieving a certain goal in teaching.

In Europe 1960-70-ies were marked on the development of so-called humanistic approach to teaching, the essence of which is to focus on the identity of the student, his interests, needs and abilities as well as the teaching methods that match his individual characteristics. This approach is characterized by the reorientation of the whole learning process from a teacher and his methods on the individuality of student and the teaching methods that correspond the students' needs and abilities.

The cognitive approach is based on the principle of consciousness in learning and socioconstructivism theory, accord-

ing to which the student is an active participant in the teaching process rather than the object of the teacher training activities.

Different qualities of students also refer to cognitive style: a willingness to take risks (risk-taking), it is necessary to study a foreign language and to overcome the psychological barrier; ability of self-awareness and self-esteem (self-esteem); anxiety, preoccupation, anxiety (anxiety) in the learning process, fear of doing mistake; empathy, capacity for empathy, which is revealed during the execution of different exercises, where students should take into account the abilities and possibilities of the interlocutor, tolerant attitude to his mistakes.

Cognitive style specific to a particular student defines his teaching style (learning style) and influence the choice of instructional strategies (learning strategies).

The cognitive approach is the theory of teaching foreign languages which was developed on the basis of cognitive psychology. Its authors are considered to be Dzh. Bruner and U. Rivers. With regard to learning a foreign language, cognitivism means that the study of a linguistic phenomenon must be based on mental processes and actions that underlie the understanding and use of the phenomenon in question. This approach emphasizes the need to take into account features of mastering by students whatever linguistic phenomenon, but also draws attention to ability of students to organize their learning activities consciously.

The humanistic approach is based on the humanistic direction in psychology; based on the thoughts, feelings and emotions of students in the process of learning, education and development, as well as cognitive processes that provide knowledge of the world and self-knowledge, and contribute to the teaching. Humanistic approach to teaching is reflected in the teaching of foreign languages methodics and implemented in the method of «quiet learning» (The silent way), the method of «community» (Community language learning) and a number of other methods.

The communicative approach to language learning appeared in the 1970s in the UK in connection with the nomination of new learning objectives – acquisition of language as a means of communication (communication).

In accordance with the communicative language teaching approach the peculiarities of real communication should be taken into account, and the learning pro-

cess should be based on the model of real communication, as the possession of the system of language (grammar and vocabulary) is not sufficient for the effective use of language for communication purposes.

Learning strategies (learning strategies) are the actions and operations of students used to optimize the processes of production and storing information, as well as processes of using accumulated information. The student commits these actions to speed up the learning process and make it easier, interesting and effective. Teaching strategies depend on psychological and personal features of students and the cognitive style appropriate to them.

This approach is usually contrasted with teacher-centered approach, when the teacher dominates the learning process, which is contrary to the idea of humanization of education, hinders creativity and initiative of students, and limits their activity. An approach that focuses on teachers relates to the traditional teaching methods.

The approach to learning which is concentrated on getting results is called product – oriented approach. It is assumed that a certain training period ends up with the creation by a student certain speech pattern: separate statements, dialogue, letters, etc., which is the purpose of learning, the achievement on which teachers activities are directed. Special education programs were developed on the basis of this approach to learning, and the various aspects of the learning activities act as learning objectives.

The approach of training that focuses

on the formation of knowledge, skills and abilities is called process-oriented approach. This approach has been a major development in teaching writing. Researchers point out that pronounced «procedural» nature of the letter, as an essay or a story can not be written directly in the final version. Product writing appears in the process of planning, writing abstracts, sketches, reformulating phrases, changes parts of the text, etc. This approach to learning is implemented in the analytical type of curricula.

The deductive approach to teaching is based on the deduction – kind of mind-conclusion from the general to the particular. With regard to the teaching of foreign languages, deductive approach provides an explanation of rules and their implementation into practice, that is, the path from the general to the particular, from the shape to its implementation.

The inductive approach, in contrast, suggests the path from particular to general.

In the foreign language teaching, the term «inductive approach» is often used as a synonym for «natural approach» and deductive coresponds with the terms «formal, cognitive.» This inductivity is treated as modern direction in learning and deductivity as a traditional, outdated. An inductive approach to training in modern foreign methodology is widely used, which led to the emergence of a new term «consciousness-raising approach».

To sum up the above mentioned ideas, we can say that traditional language teaching is based on a traditional approach to the target language, which regards the

language as a body of grammatical rules and an enormous number of words that are combined according to the rules. Traditional methodology thus focuses on grammatical structures and isolated items of vocabulary. Jim Scrivener adds that «the teacher spends quite a lot of class time using the board and explaining things – as if «transmitting» the knowledge». Students are expected to learn the rules and the items of lexis, and it is supposed that they will be able to use the language. However, students mostly explore only narrow avenues of the language, because, according to Broughton and Scrivener, the syllabuses are grammatical and the language is grouped by purpose. The primary skills, such as reading, writing, listening and speaking, are generally taught at an insufficient level. Nevertheless, as Scrivener says, this method, with all its potential disadvantages, has been used very often in schools worldwide, «and is still the predominant classroom method in some cultures».

Traditional methods are effective for teaching academic English, for training reading and writing skills. Traditional methodology is more useful to be used with elder learners as it is not very motivating. Modern methodology is effective to be used with younger learners and specializes on training communicative skills. Modern methods make students feel like in real life situations and demand from them to take part in communication.

Data of a number of researches supports the point of view that the form – focused training and the correct feedback

is provided in the context of the communicative programs which are limited exclusively to emphasis accuracy on one hand or exclusive emphasis on fluency on another. Thus, we claim that teachers of second language can provide guidance on the basis of form-based instruction and correction feedback in certain circumstances. For example, teachers shouldn't hesitate to correct errors which students make constantly not paying close attention to them. Teachers have to be especially informed about mistakes that most of students in class do when they have the same languages.

Teachers can also try to become more informed on those approaches and methods which they feel only begin to appear in development of the second language of students and provide some guidance in instruction in use of these forms at that moment to see if any benefits are made. It can be useful to stimulate pupils to participate in process, make actions which draw attention of pupils to forms which they use in communicative practice, develop contexts in which they can provide feedback and encourage them to ask questions.

Decisions on when and how to use distinctive methods depends on the skills of teacher and teaching situation. Absolutely different approaches should be used with the fourth or fifth grade language students, small children beginning to learn second language, immigrant who isn't able to read and write in the language and the teenager learning foreign language at school.

Whenever method you would follow, it is important to be convinced that your students receive as much time as it is possible to communicate. Therefore it is very important to include work in small groups or pairs as part of your lessons. It gives students much more time to speak English during lessons.

Undoubtedly, complex methods will grow in popularity in the near future, but depending on the method or combination of methods, you will follow all of them will give you useful ideas to use in class.

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SOME GLANCES TO A. S. PUSHKIN'S WORKS

*If the poet who is left alone with words
and souls is iman, this is worship*

A. Mahkam

Munira Nurmuhamedova, Rushana Zaripova

the students of Termiz State University

Keywords: poet, poems, Vestnik Europe, patriotism, literature, educational.

Abstract: *Pushkin's artistic creation. His feelings of patriotism in his contribution to Russian literature and his poems*

Aleksander Sergeevich Pushkin, the genius of Russian literature, was born on June 6, 1799 in the family of ex-mayor Sergei Pushkin, one of the oldest dwarfs in the German city of St. Petersburg. From his youth, he grew up fondly of literary literature. Arina Radionovna, a nurse who knows the folk oratory in her heart, has grown up in love and affection. It is worth noting that Pushkin's role as a poet is one of the most advanced educational institutions at that time, the Sarskoe Selo Lyceum. He is known as a poet with his own voice during his school years, and soon he gets into his mouth.

A.S. In Pushkin's early poems, in his poems written in recent years, we can see a unique image of patriotism and national traditions.

The poem was first published in the journal Vestnik Europe in 1814, entitled «The Poet to My Friend». This poem was one of the other poems which had been created at that time, much higher in terms of its artistic scope and essence. Her personality and her poetry are unique and original. The poem dedicated to the poet's farewell lyceum is highly appreciated by Derjavin, an

elder man. He prophesied that he would become a mature poet in the future.

The words «The Russian poetry originates from Pushkin» by the great Russian critic V. Gelinsky is worthy of the poet's work.

Pushkin was one of the founders of Russian romanticism. The poets started to write down his works. It was an example of a great talent for the Russian literature. Recognizing this, Jukovsky wrote to Pushkin, writing a leaflet titled «Defeat a Teacher to the Student».

His essay was a major event in writing the poem «Evgeny Onegin» in 1833. In the translation of the verse, some of the wise words of the poet, which is not repeated by the poet in this work, which is astonishing to his reader's art and essence,

What is worse in the world?

From such a family, it is impossible.

It is difficult for a woman to cry out of desolate place,

Both day and night, he is alone.

Pushkin emphasizes the greatness of the family through these passages. As you can see, family violence is «worse than anything else in the world,» says the poet.

In addition, you will find that there are deep and meaningful meanings in the meaning of «mischief and misery». In order to comprehend the following point, a deeper human is required in the art: «The mind that loves the bread corrupts the heart.» Pushkin condemns the environment by using this figure. According to the poet, the mind can not live in a trivial way to the broader world, to freedom. As a result, the heart begins to suffer. To avoid such torture, the poet must always live in freedom.

We look at another great byte analysis with such a philosophical meaning:

One wheat that fell to the ground
Its like a spring frost.

It is well-known that spring is described as a brilliant person in the literature. If we regard the wheat as good, then the poet's parentheses are given as the embodiment of spring prosperity.

Pushkin makes good use of comparisons in his statement and disclosure, and achieves his intended goal. Here is what we can see from the following comparisons that the reflection of such a youthful and old age reflects a beautiful expression:

Happy at the time
Happy in youth.
In fact,

The happiness of the stone is good.

These lines, translated exclusively by Mirzo Kenjabek, are so impressive with their simplicity of language. The poet searches for answers to the question «What is the happiness?» And finds the answer to the reader.

The poem «Ruslan and Lyudmila,» by Alexander Pushkin, based on folk tales, is

one of the episodes closest to the hearts of children. Russian fairy tales, songs, and legends give this wonderful work an extraordinary content. The bright talent, which embodies the highest humanism, can create such a work.

Famous Russian romantic poet Jukovskiy, after publishing the poem «Ruslan and Lyudmila,» will give Pushkin a portrait of «My Brother is a Brother of a Steward». It was an impartial assessment of the genius of the great poet, who came from the master and was a fierce man who had advanced his time.

To deepen our appreciation of Pushkin's genius, we need to learn and study the beautiful works of his centuries-olds. The great Russian poet has long turned into an Uzbek poet. It is probably not Uzbek who has not heard his name and has not read his works. His works have been translated into Uzbek and translated into many languages. A.S. Pushkin, the national poet of Uzbekistan, said: «Pushkin, in the space of Russian literature, has enriched it with his ornamental works». It is not enough for us to enjoy the works of the poet to feel the truth of these lines. Perhaps, we need high artistic potential, deep understanding and strong intellectual preparation on this path.

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«МЯГКАЯ СИЛА» КАК ИНСТРУМЕНТ ВНЕШНЕЙ ПОЛИТИКИ КИТАЯ

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uwed student

Annotation

The article considers the interpretation of the concept of “soft power”, analyzes the implementation of “soft” strategies in practice, and also describes the characteristics of China’s policy regarding the spread of Chinese culture both within the country and abroad.

Key words international institutes/ soft power/spreading of chinese culture/world arena/image of country/applying of concept “soft power”

Аннотация

В статье рассматривается интерпретации концепции «мягкая сила», анализируется воплощение «мягких» стратегий на практике, а также представлена характеристика политики КНР в отношении распространения китайской культуры как в пределах страны, так и за рубежом.

Ключевые слова: международные институты/распространение китайской культуры / применение концепции мягкой силы/ имидж страны /мировая арена



china.org.cn

В последние годы Китайская Народная Республика была во многом успешна благодаря использованию «мягкой силы», это помогло обрести статус великой державы. Одна из основных задач ее использования на международном уровне – это создание

привлекательного образа страны. Вторая задача – стремление заставить другие страны принять культурные ценности данного государства и проведение своей идеологии. Нельзя не признать успех проведения данной политики китайскими лидерами и воз-

растающую роль Китая как глобально-го игрока на мировой арене. Он становится все в большей степени интегрированным в международные институты, капиталистическим и современным государством. Благодаря бурному экономическому росту у современного Китая появляется все больше ресурсов для решения своих геополитических и экономических интересов, которые распространяются далеко за пределы Азиатско-Тихоокеанского региона. КНР заявляет о себе как о лидере во многих сферах, в частности и как о космической державе¹.

В настоящее время Китай занимает передовые позиции в международной структуре, а именно, в таких международных организациях, как ООН, МВФ, Всемирный Банк и т.д., а также в различных проектах – форумах БРИКС, ШОС, АТЭС, АСЕАН и т.д.

На международной арене мы можем увидеть, как мировые державы все больше хотят расширения стратегического влияния своего государства и распространения его по всей территории остальных субъектов международных отношений. В этом контексте государство должно учитывать два основных фактора, которые доминируют в международном поле – это экономический и культурный факторы.

Помимо экономических стратегий, одной из последних концепций принятых к рассмотрению странами, как

модели расширения своего политического влияния, стала концепция «мягкой силы». Понятие «мягкая сила» («soft power») ввел в теорию международных отношений профессор Гарвардского университета, американский политолог Джозеф Най. «Мягкая сила» представляет собой искусство убеждения, использование нематериальных ресурсов культуры и политических идеалов в интересах оказания влияния на людей в других странах. Используя «мягкую силу» государство приобретает возможность влиять на объект, не отдавая команды. Если объект воздействия верит в благоразумность твоих целей, то можно убедить его сделать что-то без применения силы или какого-либо дополнительно стимула².

Джозеф Най считает, что «На Западе уже давно с интересом относятся к традиционной культуре Китая, а в будущем влияние современной культуры последнего возрастет еще больше. К примеру, Нобелевская премия по литературе в прошлом году досталась китайскому автору, это определенно положительное воздействие. По мере развития современной культуры повышается и значение мягкой силы»³.

Использование «мягкой силы» в политике Китая мы можем наблюдать на протяжении последнего десяти-

1 Ирина Троян «МЯГКАЯ СИЛА» КИТАЯ: КУЛЬТУРНАЯ ЭКСПАНСИЯ «КРАСНОГО ДРАКОНА» [HTTP://CHINA-INC.RU/NEWS/MJAGKAJA_SILA_KITAJA_KULTURNAJA_ENKSPANSIJA_KRASNOGO_DRAKONA/2016-04-15-605](http://china-inc.ru/news/mjagkaja_sila_kitaja_kulturnaja_ekspancija_krasnogo_drakona/)

2 Гревцова А. Н. Мягкая сила Китая как способ расширения его политического влияния на страны АСЕАН // Молодой ученый. — 2012. — №3. — С. 313-315. — URL <https://moluch.ru/archive/38/4392/>.

3 Джозеф Най: «Мягкая сила Китая в китайской мечте» <https://inosmi.ru/world/20131221/215796739.html>

тилетия, она направлена не только на развивающиеся страны, но и на западные в том числе, расширяя данную внешнюю политику в сфере культуры, СМИ, экономики, тем самым наращивая усилия в формировании глобального пространства и создавая привлекательный образ своей страны. Очевидно, что данная внешняя политика носит мирный и ответственный характер. Она нацелена на обеспечение национальных интересов страны, ее целостности и стабильности»⁴.

На государственном уровне ядром «мягкой силы» КНР была признана культура, поэтому данному направлению уделяется особое внимание. Упор делается на продвижение традиционной культуры страны. Китайские ученые и политики также связывают «мягкую силу» с брендингом. Олимпийские игры в 2008 г., Азиатские Игры в Гуанчжоу в 2010 г., Шанхай-ЭКСПО в 2010 г., строительство небоскребов, исследования Луны, – все эти мероприятия имеют символическое значение, демонстрирующие миру рост КНР⁵.

В XXI в во внешних делах Китая первоочередная и самая главная задача заключается в обеспечении и успеш-

ном использовании важных стратегических шансов для Китая, обеспечить поступательное развитие и улучшение качества жизни народа основываясь на инновационные развития, а также продолжить политику открытости и реформ. Одной из важных аспектов внешнеполитической стратегии КНР это создание мирного и благоприятного международного климата для развития страны.

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⁴ Ирина Троян «МЯГКАЯ СИЛА» КИТАЯ: КУЛЬТУРНАЯ ЭКСПАНСИЯ «КРАСНОГО ДРАКОНА» [HTTP://CHINA-INC.RU/NEWS/MJAGKAJA_SILA_KITAJA_KULTURNAJA_ENKSPANSIJA_KRASNOGO_DRAGONA/2016-04-15-605](http://CHINA-INC.RU/NEWS/MJAGKAJA_SILA_KITAJA_KULTURNAJA_ENKSPANSIJA_KRASNOGO_DRAGONA/2016-04-15-605)

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MEETING OF ASSOCIATED PATHOLOGIES WITH OMPHALOCELE IN NEWBORNS

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Purpose: meeting of associated pathologies with omphalocele in newborns.

Material and methods: Under our observation there were 103 newborns with omphalocele in the neonatal surgery department of the educational-therapeutic center at the ROC for 2006-2017. Of these, 84 (81.6%) newborns were full-term; 19 (18.4%) premature. All patients underwent review radiography of the abdominal cavity, ultrasound of the abdominal organs and hernial sac, echocardiography, neurosonography. We divided patients into two groups: the control group – 48 (2006–2010) and the main group – 55 newborns (2011–2017). **Results:** Among concomitant pathologies, anomalies of the cardiovascular system were observed in 21 (47.7%) children; in 13 (29.5%) patients with anomalies of the gastrointestinal system; in 10 (22.7%) developmental anomalies of other organs. It should be noted that the dimensions of omphalocele is of great importance. Since the size of omphalocele is larger, the number of associated anomalies increased. Of the 24 patients with large omphalocele sizes, 23 (95.8%) had multiple abnormalities in the development of the cardiovascular and gastrointestinal system. **Conclusion:** Thus, a connection was found between the size of the embryonic hernia and related anomalies. Concomitant multiple developmental abnormalities were

mainly observed in patients with large omphalocele sizes. **Key words:** Newborns, omphalocele, treatment.

Objective: To determine the incidence of concomitant pathologies in omphalocele in newborns.

Materials and methods: Under our observation there were 103 newborns with omphalocele in the neonatal surgery department of the educational-therapeutic center at the ROC for 2006-2017. Of these, 84 (81.6%) newborns were full-term; 19 (18.4%) premature. All patients underwent review radiography of the abdominal cavity, ultrasound of the abdominal organs and hernial sac, echocardiography, neurosonography. We divided patients into two groups: the control group – 48 (2006–2010) and the main group – 55 newborns (2011–2017).

Results and its discussion. In 24 (23.3%) of newborns, a large sized omphalocele was detected; 39 (37.9%) – the average size; in 40 (38.8%) patients – omphalocele of small size. Concomitant multiple abnormalities were detected in 44 (42.7%) of 103 observed patients, and in 59 (57.3%) patients, omphalocele was the only developmental anomaly. Of the 48 newborns in the control group, 16 had comorbidities, and 55 newborns from the main group had 20 pathology departments. Multiple asso-

ciated defects were found in 8 (7.8%) patients out of 103 and this had its effect on the results of treatment. A lethal outcome was observed in 6 (75%) of 8 patients who had multiple defects detected simultaneously, and in 2 (25%) patients due to early diagnosis and the optimal treatment chosen after the operation, the outcome was satisfactory. It should be noted that in 4 patients from the main group, 4 patients in the control group several concomitant pathologies were simultaneously detected: Among concomitant pathologies, anomalies of the cardiovascular system were observed in 21 (47.7%) children; in 13 (29.5%) patients with anomalies of the

gastrointestinal system; in 10 (22.7%) developmental anomalies of other organs. It should be noted that the dimensions of omphalocele is of great importance. Since the size of omphalocele is larger, the number of associated anomalies increased. Of the 24 patients with large omphalocele sizes, 23 (95.8%) had multiple abnormalities in the development of the cardiovascular and gastrointestinal system.

Conclusion. Thus, a connection was found between the size of the embryonic hernia and related anomalies. Concomitant multiple developmental abnormalities were mainly observed in patients with large omphalocele sizes.

MODERN APPROACHES TO TREATMENT WITH PAIN IN THE BACK

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Introduction. Optimization of existing methods of treating pain syndrome in the back with regard to modern approaches in rehabilitation allows accelerating the recovery of patients and reducing labor and time costs. Of particular importance is the problem of carrying out outpatient treatment due to the fact that the methods of therapeutic measures used in most medical institutions are adapted exclusively to the inpatient stage. The stereotypes of therapeutic approaches in daily clinical practice are based on drug therapy, while the possibilities of other influencing factors are underestimated and undeservedly forgotten.

The purpose of the study is to evaluate the effectiveness of treatment of patients with lower back pain.

Material and methods: The object and subject of the study were 130 patients (46 men and 84 women) with vertebral back pain, and were on outpatient treatment in the neurological department of TMA. Patients with acute and chronic back pain between the ages of 20 and 55 years.

Results. Evaluation of the effectiveness of therapy was carried out on the basis of the dynamics of changes in clinical

data, the results of ultrasound of the lumbosacral spine and indicators of QOL. At the beginning of the observation, patients in most percent of the cases received diclofenac when the disease worsened. Physiotherapy was administered to all patients for 10 days – phonophoresis with 1% hydrocortisone ointment in the lumbar region.

Patients during the entire period underwent 4 courses of treatment with Hondrolon, each with 20 intramuscular injections (i/m) at a dose of 0.1 g 1 ampoule) every other day. In patients after the 4th course of treatment with Hondrolon, a significant decrease in fibrous ring fragmentation on the upper intervertebral discs was observed.

Findings. All patients underwent a course of anti-inflammatory treatment with diclofenac + 4 courses of treatment with Hondrolon + 10 days of physiotherapy, as well as after the course, patients took nise, the side effects of which were not noted. The efficacy of treatment was compared using an ultrasound method, in conclusion of which there was a decrease in the fragmentation of the fibrous ring on the upper intervertebral discs.

COMPARATIVE EVALUATION OF TREATMENT RESULTS IN PATIENTS WITH ACUTE AND CHRONIC PATIENTS ON THE BACK

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Relevance of the topic. One of the most pressing problems of medicine is pain syndromes, which are a heterogeneous group of common conditions, the medical and social significance of which is difficult to overestimate. The reason for patients to seek medical help is often the emergence or increase of pain. The most common cause of back pain is dystrophic spinal lesions. According to experts of the International Association for the Study of Pain, pain lasting more than 3 months is considered chronic. It is the relief of chronic pain in the back is the main task in the treatment of this category of patients. At the same time, in 80% of patients the pain disappears under the influence of treatment within a month, but in the rest they take a chronic course.

Purpose of the study. Compare the results of treatment in patients with acute and chronic back pain.

Material and methods: The object and subject of the study were 130 patients (46 men and 84 women) with vertebral back pain, and were on outpatient treatment in the neurological department of TMA. Patients with acute and chronic back pain between the ages of 20 and 55 years.

Results. Thus, in the group with acute pain, only 29 (16.9%) respondents complained of pain in the two other zones and only 5 (2.9%) in three or more respondents.

In the group with chronic pain disorders, almost every third respondent indicated two localizations – 32 people (32.3%), and three or more – 16 people (16.2%). To relieve pain, the subjects took analgesics: irregularly – 41.4% of men and 57.5% of women, regularly – 10.3% and 24.6%, respectively.

Relief or sleep contributed to the relief of pain – 79.5% of men and 85.2% of women, sedatives – 30.1% of men and 49.5% of women. Patients awoke because of the pain of 25.1% of men and 58.5% of women. Thus, women regularly resorted to more painkillers than men.

Findings. Significant gender differences were revealed both in the clinic and in the attitude of patients to pain syndromes. Both acute and chronic pain syndromes are more often recorded in women, the percentage of women in groups with chronic pain is higher than in groups with acute pain, although the difference is within the margin of error – 30% and 33%, respectively. But, with acute pain syndromes, men were almost 2 times less likely to be referred for examination and treatment (44%) than women (66%). A comparative analysis of the ways to relieve pain revealed that women more often (49.5%) than men (30.1%) use both drug and non-drug methods (85% and 79.5%, respectively).

EFFECT OF THYROXIN ON THE MICROCIRCULATION OF THE KIDNEYS DURING EXPERIMENTAL THYROTOXICOSIS

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The progression of any disease is accompanied by changes in the rheological properties of the blood, especially at the level of the microcirculatory bed of the circulatory system. Issues related to the behavior of blood in the microvasculature, as well as the features of the peripheral blood circulation system in hyperthyroid conditions, have not been adequately investigated. It is precisely these aspects of the pathogenesis of hyperthyroidism that determine the goal of the present study, which was to study the disorders of the dynamic and statistical parameters of the microcirculation system of the cortical layer of the kidneys in experimental hyperthyroidism.

Materials and research methods. The experiments were carried out on 100 white outbred rats – males with an initial body weight of 130 – 180 g. The rat thyrotoxicosis model was reproduced by daily administration of L-thyroxine (Berlin-Chemie, Germany) at a dose of 100 µg/kg for 28 days. Biomicroscopic examination of the microcirculatory bed of the liver and kidneys of the experimental animals was carried out with a LUMAM-IZ fluorescent microscope (LOMO, Russia) using a 10x0.40 contact lens. Studies were conducted on the 7th, 14th, 21st and 28th day after the start of L-thyroxin administration.

Results and discussion. In the kidney, peritubular capillaries of the outer cortical layer are available for biomicroscopy. The tissue of the kidneys of intact animals available for research in biomicroscopy is represented by loops of the proximal convoluted tubules between which vessels of capillary type with a dark shade and clear contours are visible.

On the 7th day of research, the angioarchitecture of the cortical layer of the kidneys is preserved. The blood flow in the vessels of the fast, smooth, continuous flow, the walls of the capillaries of the proximal convoluted tubules clear, smooth. There is a lack of characteristic luminescence of the individual tubules. Nonfunctioning capillaries in the visual field is not observed. After 14 days of research, single foci of erosion of the boundaries between the walls of the capillary and the convoluted tubule are observed, possibly due to the plasma saturation of the capillary wall. On day 21, microcirculatory disorders of the cortical layer of the kidneys are not so pronounced. Angioarchitecture is preserved, the contours of the capillaries are smooth, clear, but some areas of the vessels in which there are aggregations of aggregates have become widespread. The last study period (28 days) changes in the kidneys were not so pronounced.

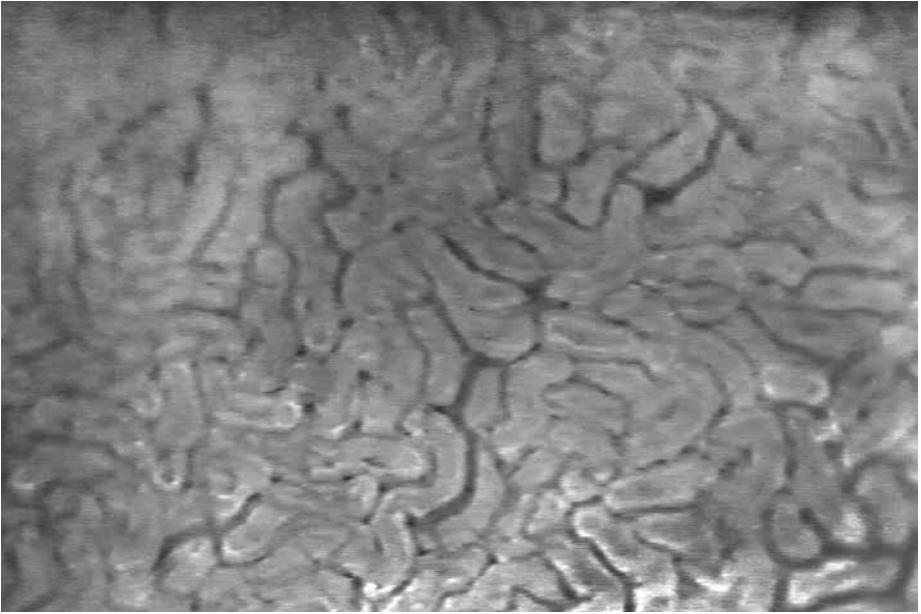


Figure 1. Microcirculation of the cortical layer of the kidneys on the 28th day of the experiment.

The angioarchitecture of the cortical layer of the kidneys is generally preserved. There are areas of the microvascular bed with the blood flow turned off and the microvessel contour is blurring (Figure 1.). The results indicate a less pronounced violation of the parameters of microcirculation in the system of pe-

ripheral circulation of the cortical layer of the kidneys.

Findings.

1. Hyperthyroidism is accompanied by disorders of dynamic and static parameters in the peripheral blood circulation system of the cortical layer of the kidneys.
2. The severity of violations associated with the statute of limitations of hyperthyroidism.

THE ROLE OF CEFR IN EDUCATIONAL SYSTEM OF UZBEKISTAN

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Abstract: *This article deals with the role and implementation of CEFR in educational system of Uzbekistan. On December 10, 2012 the First President of the Republic of Uzbekistan Islam Karimov signed a decree «On measures to further improve foreign language learning system». It is noted that in the framework of the Law of the Republic of Uzbekistan «On education» and the National Program for Training Staffs in the country, a comprehensive foreign languages' teaching system, aimed at creating harmoniously developed, highly educated, modern-thinking young generation, further integration of the country to the world community, has been created.*

Key words: Common European Framework of Reference for Languages, the implementation of Presidential Decree, mixed-ability classes, Educational system of Uzbekistan, curriculum organization, sociolinguistic competence.

In order to providing effective higher Education, Uzbekistan accepted a significant reform by performing use of the Common European Framework of Reference for Languages – study, increasing the frequency of assessment (CEFR) – and National Qualifications Framework (NQF) in the country. CEFR standards provide effective learning of foreign language EFL classes.

Both projects will take part in the implementation of Presidential Decree № 1875 on December in 2012 in enhancement of the teaching and learning of foreign languages in order to strengthen the communication skills and international effect of future Uzbekistan specialists in all fields. The mentioned Decrees of the former President criticize the teaching of foreign languages under unsuited conditions and, as a result, university graduates are not always erudite enough in using

the foreign language in everyday life. There are many causes for this: partly, it is because of inadequate time allocated for language instructions; mixed-ability classes as a result, teachers often have a difficult time provision the appropriate level of instructions in such classes and some others. It is important to point out that from the current academic year foreign languages are taught beginning in the first grade at schools. Up to now, foreign languages were taught from the fifth grade. [1]

The CEFR expresses foreign language qualification at six levels: A1 and A2,

B1 and B2, C1 and C2. It also describes two “plus” levels A2+, B1+.

Based on experiential research and prevalent consultation, this scheme makes it potential to contrast tests and examinations across languages and national boundaries. It also be responsible for a

basis for recognizing language proficiencies and thus facilitating educational and occupational mobility. Whereas they have been experientially authenticated, some of them still have significant gaps, e.g. at the lowest level A1 and at the top of the scale the C2 levels. Confident contexts are less well-elaborated, e.g. young learners.

The CEFR is not an international standard or seal of approval. Most test suppliers, textbook writers and curriculum designers now claim connections to the CEFR..

The CEFR is not language or context specific. It does not attempt to list specific language grammatical rules, vocabulary, etc. and cannot be used as a curriculum or checklist of learning points. Users need to adapt its use to fit the language they are working with and their specific context. One of the most important ways of adapting the CEFR is the creation of language-specific Reference Level Descriptions. Reference Level Descriptions are already available for several languages.

Moreover, implementing of CEFR causes to alteration of traditional approaches to recent approaches. To changing methods means elaboration of language syllabuses and curriculum guidelines, design teaching and learning materials, the assessment of language proficiency.

Fundamentally new in the national standards is that now the foreign languages are taught from the first grade. Another innovation is that now the necessities for the foreign language skills at each grade are balanced to the requirements of the Common European Frame-

work of Reference for Languages: Learning, Teaching, and Assessment (CEFR). Consequently, the highest level of foreign language facility will be required be possessed by bachelor and master's graduates of language faculties, C1 level on CEFR, an effective operational proficiency in a foreign language.

The new standard provides for foreign language command, which requires the requirement for knowledge of phonetics, vocabulary and grammar, and speaking skills. The new standard pays great attention to sociolinguistic competence, which describes the requirements for the skills of students in choosing the right linguistic forms and methods of expression, depending on the situation and communication goals.

The new steps to transform training system are taken, so we only need to wait for the practical results. There is every reason to believe that they will be expressed in the economic stability and prosperity of the country. [2]

According to F.MacDuff and others this statement serve to motivate the students in: a) providing students with an opportunity to recognize their own accomplishments; b) encouraging students to take initiative in their learning, particularly when they are able to formulate their own "I can do" statements; c) providing students with a visual means of proudly sharing their progress with others d) being applicable for students of all ages and all levels of language proficiency from primary through college; e) being possible as a systematic means of rallying one's own progress; (f) can be a means by

which students gauge their own perceived level of language proficiency.

We agree with the opinions of many leading specialists when they say that learners want to know how they are progressing, and want some formal feedback. Parents want to know that their children are receiving effective instructions, stakeholders and other government organizations want to know that teachers are not wasting precious resources by self-indulgence or laziness. Another very important point here is: teachers and teacher educa-

tors will look for the best available information on successful teaching styles, procedures and curriculum organization.

Implementing of CEFR in educational system of Uzbekistan improves step by step. And it effects productively providing of learning English in different stages of educational establishment.

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JAPAN AND CHINA

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Annotation

It is no secret that the Asia-Pacific region now is the real “field of geopolitical struggle.” Sino-Japanese territorial disputes focused primarily on the area of the territorial waters around the Senkaku Islands (or in Chinese cartography – Diaoyu islands). In the fact This islands are the cause of territorial conflict between Japan and China two major international political power in the region that has enough power to bring huge changes and destabilize the region.

The article can be conditionally divided into three parts, in the first part I will write about the meaning of “territorial conflict” in the second part I will try to consider the arguments of both sides and in the final part of the article I look through the theories that researchers write about how to solve these problem and give my own plan to resolve the conflict

Key words

Territorial dispute, Diaoyu\ Senkaku Islands, Japan and China, conflict solving

What is territorial dispute?

Before considering the territorial dispute over the Senkaku Islands It will be good to clarify what does the term “territorial dispute” mean. This term has many interpretations and meanings, and even now there are no universal

sense but I decided to stay on the most universally accepted by International Court of Justice «The territorial dispute – a dispute the subject of which is acts, right to establish of the legal regime in the territory. Territorial dispute is characterized by three elements together: actors-states, the existence of the contested border or territory, and clearly define the coincidence of the object and subject of the dispute. » (Simmons B.A (2000)

In this case, states are Japan and Chi-

na, the disputed territory is island territory in the South China Sea, the subject of dispute is control of the territory and the right to extract minerals in it.

Senkaku – is a group of small uninhabited islands and reefs with a total area of 6.32 square km. That located in the southern part of East China Sea, about 200 kilometers east from Taiwan. Now the islands are controlling by Japan but China also are interested in this territories and rich oil and gas reserves under the water.

Japan’s main position

Before finding solution of a problem we must see official position of the parties on this issue and the facts that they rely on in their positions. arguments and how they explain their rights to the islands.

Japan's main position is that the Senkaku Islands – an integral part of Japanese territory. The argument is built primarily on the basis of contracts signed before. According to official documents by the Japanese government the main arguments of the Japanese side is

1) There is no historical evidence that China effectively controlled Senkaku Islands until 1895

The studies undertaken by the Japanese side, with the support of the authorities of the prefecture of Okinawa, showed that in the islands there was no trace of the population, or signs of control of the territory from China so that according international law allowed Japan, add the island to their territory and There was no acquisition of the territory. As proof of this position, Japan leads the commission report by 1895.

2) In 1895, the Senkaku Islands were incorporated into Japan by the decision of the Cabinet, Island wasn't captured during the first Sino-Japanese War;

Japan has officially included the territory to the territory of Japan before the war, therefore, the territories was captured by research and no annexed by force, a few months before the signing of the contract Simonoseki. Moreover, the agreement between Japan and China had no any words about belongings of Senkaku Islands to the Taiwan, that transferred to Japan.

3) The Senkaku Islands was not included territory from which Japan renounced when they sign San Francisco Peace treaty 1951 year contract;

The Japanese side insists that the Sen-

kaku Islands are not part of Taiwan and the Pescadores, from which Japan renounced because the treaty. In this case, Senkaku islands considered as part of the Nansei Islands and was placed under US control. Therefore, Japan hasn't refused from Senkaku Islands at the end of World War II.

4) the first time China has put forward its claims to this territory only after the possibility of oil and gas reserves.

China 's main position

China began to express their claims to the islands only after a scientific expedition under the auspices of the UN in 1968. Before the discovery of oil and gas in coastal waters, China has no any claims to the territories

September 25, 2012 after the announcement Xi Jin Pin on the new concept of «Great China» government published white paper where they announced that “Diaoyu Islands are indigenous territory of China”, (white paper 2015) and as a part of the historical territory of China Beijing has all right to control the territories of island

Based on the text of the White Paper, and other official statements of Chinas officials you can make a list of the main arguments relied on by China in its claims to sovereignty over the islands.

1) the Diaoyu Islands are China's indigenous territory

According the official position of the Chinese government, China first discover the island, gave them the name and started their assimilation. According to Beijing, during the reign of the Ming Dy-

nasty, that was in power from 1368 to 1644, China includes the Diaoyu archipelago in maritime defense area, there by referring to the its intention to defend the island in case of war. Later, the Qing Dynasty, which replace the Ming Dynasty in 1644, the island moves under the administrative control of the Taiwanese government. As evidence of this, China provides a variety of ancient maps that confirm this fact.

2) Japan illegally seized the Diaoyu Islands during the First Sino-Japanese War, ended in the signing of the Treaty of Shimonoseki in 1895, according to which the island moved to Japan as the winning side;

The Chinese government, in their arguments often claims that the Diaoyu archipelago has always been a part of the territory of Taiwan (as evidenced by the provided maps and the history of the reign of Ming and Qing empires), therefore, any movement or seizure of Taiwan island automatically moves Diaoyu with it.

3) According to Cairo Declaration by 27 November 1943 and Potsdam Declaration by July 26 1945, the Diaoyu Islands were returned to China;

As is the case of the Treaty of Shimonoseki, China pass the island of Taiwan, to Japan as a winning party. But Japan declined islands as a result of adoption of the Cairo Declaration and the Potsdam Declaration, as well as the signing of the San Francisco Peace Treaty. According to the official position of the Chinese government, at the end of World War II, the islands were finally returned to China. However, some

times after United States include this islands under its wing, which again is illegal, since the archipelago was under the jurisdiction of China. In the White Paper, in particular, it emphasizes that in the islands Diaoyu US and Japan held inconsistent with China trade, which violates the territorial sovereignty of China.

4) Acquisition of Japanese government 3 from the five islands in 2012 is illegal and violates the Chinese sovereignty over the Diaoyu Islands.

As can be seen from recent events, Beijing perceives very sharply to the nationalization of three from five islands by the Japanese government. Japanese side officially bought this three islands from private individuals but China claims that the Diaoyu Islands – part of the Chinese territory.

Consequently, the acquisition of the islands by Japan in 2012, is a gross violation of Chinese sovereignty over the islands.

Scenarios to solve the conflict

Senkaku Islands a small piece of land close to Taiwan and although they have a size of less than 10 kilometers in this territory there are disputes between the two major players in the international arena, China and Japan.

Each side has its evidence and documents supporting their claims to the territory and don't want to lose his interests in that islands. Losing islands also will mean. Losing face at international area. That no one wants. Each side has its evidence and documents supporting their claims to the territory.

Although the islands are rich and some resources such as gas and oil, in essence, they do not bear any particular value for the parties to the conflict, and at the moment many researchers studying the matter and plans put forward the theory according to which the problem can be solved peacefully.

In conclusion I would like to summarize all the above. We can say that Senkaku territorial dispute between China and Japan has bright economic part and also clear political influence.

In general, there are two possible ways for the development of the conflict.

First is that if in the event that the sides decide that the political factor is weightier, the solution of the territorial conflict will be left with no reliance on the future.

But if Japan and China tries to come to the table and with a clear goal to reach a compromise and find a way to resolve the conflict, this can lead to results that are beneficial for both sides, and we should not forget that Japan and China have enormous economic opportunities and weight in the political arena, and their cooperation in mining in the water area, it will greatly strengthen their position in the international arena, and will be the impetus for closer cooperation in other economic spheres.

In other words, summing up, we can say that in this conflict, as in any other international conflict, it is preferable that the parties solve their differences not through unilateral actions, but sitting at the negotiating table and with a firm intention to find a way to solve the problem

by concessions and compromises it will always be the better ways than aggression

Conclusion

The territorial dispute around the Islands has escalated with a new force at the beginning of the 21st century and remains under the huge attention of the media nowadays.

This was due to the idea of a possible armed clash between the two strong players on the world stage – China and Japan. However, rumors of a possible armed confrontation between the two major powers are extremely exaggerated, since both states are highly dependent on each other in many areas of life, and their interests in another sphere prevail this conflict

Another important reason, which tells us that this conflict must to be resolved peacefully, is that the Senkaku Islands, is not the only cause of dispute in the region. In the South China Sea, 6 countries – China, Vietnam, Taiwan, the Philippines, Malaysia, and Brunei – each other have their dispute over the Spratly Islands.

There located also controversial Parcel Islands, which can not be divided between China, Vietnam and Taiwan. The islands of Liancourt (Tokdo) in the Sea also can't be divided between South Korea and Japan for many years. Japan also claims to the Kuril Islands, which nowadays belongs to Russia.

So we can say that this region has extremely high conflict potential, so we can't exclude the possibility. that a forceful solution of the problem can lead to a domino effect, which can negatively affect

the entire region, and opens old wounds. That will lead to serious changes not only in that region, but worldwide.

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LABOR PROTECTION AT ENTERPRISES AND ORGANIZATIONS AND COMPLIANCE WITH STANDARDS

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Anotation: *It was pointed out that the organization of labor protection services in enterprises and organizations and market participants can also engage in contractual work, including legal entities providing services on a contractual basis in the field of labor protection, are professional participants in the field of labor protection services.*

Анотация: *было указано, что организация служб охраны труда на предприятиях, организациях и участниках рынка также может участвовать в контрактной работе, включая профессиональное участие в этой области службы охраны труда.*

Key words: labor relations of employees, government policy, protection services, the list of industries

The management of the Republic of Uzbekistan, the protection of workers, the working conditions created for them are growing.

It is known that labor law is a constitutional human right, which is a set of rules that arise from labor relations of employees working on a contractual basis, at the disposal of enterprises, institutions, organizations regardless of their form of ownership.

It can be recognized that this is happening in our country in the coming years. Many modern enterprises have been restored, and this company has made new demands on employee protection.

The new edition of the Law on Labor Protection was approved by the

Legislative Chamber of the Oliy Majlis of the Republic of Uzbekistan on March 10, 2016 and adopted on August 25 by the Senate of the Oliy Majlis of the Republic of Uzbekistan. It was signed on September 22, 2016 by the President of the Republic of Uzbekistan Sh. Mirziyev.

The new version of the law consists of 36 articles that were agreed with the new norms and norms of the international law of the Republic of Uzbekistan, introduced new norms and norms established by the current legislation and hindering entrepreneurial activity being produced today.

The draft law provides for generally recognized principles and norms of international law, recommendations of the In-

ternational Labor Organization Convention on Labor and Social Protection and experience of more than 20 countries in the EU, Japan, South Korea and other countries aimed at improving the existing regulatory framework. The purpose of the draft law was to study and implement the provisions on legislation in the field of labor protection in foreign countries and to introduce the measures stipulated in it.

The law on legal technology has been revised, the structure of the law has been updated, government policy and administration have been revised, specially authorized state bodies, as well as other state and economic authorities that have separate powers under the law; powers and responsibilities of local government. the main participants of the labor relations were clearly defined rights and obligations of the employer and the employee;

It was stated that the organization of labor protection services at enterprises and organizations and market participants may also engage in contract work, including legal entities providing services on a contractual basis in the field of labor protection, which are professional participants in the field of labor protection.

Professional market participants in the labor market:

Implementation of the duties of the labor protection service in organizations;

Certification in the workplace;

retraining and advanced training of labor protection specialists;

can conduct an audit of the OSH management system in the organization.

Employment standards, such as certification of working conditions, audit of

management systems, state examination of working conditions, accidents and industrial accidents, standards of labor protection, use of labor protection means, are strictly defined that they cannot be used for other purposes.

Certification in the workplace is based on the norms and regulations in the field of technical regulation of labor protection, working conditions, the severity and intensity of labor in the workplace and their traumatization (or) of a dangerous production factor.

Certification of workplaces in working conditions should be:

jobs provided to employees on working conditions, with benefits and compensation in the manner prescribed by law;

busy people with disabilities;

jobs listed in the list of industries, institutions, jobs, professions, positions and indicators that provide the right to retire on preferential terms;

workplaces at hazardous production facilities.

This law is based on modern requirements, the introduction of new technologies in production, on the work done to create favorable and safe conditions for employees, public oversight of labor protection, employer and staff responsibility and was developed in accordance with all its obligations on transport, road and capital construction, as well as enterprises and organizations of the trade union of workers in the construction industry.

The network enterprises and organizations focus on the organization of work on labor protection, ensuring the safety of

personnel for vocational training, machinery, equipment and production facilities, buildings and structures, sanitary and hygienic working conditions, protection of workers, preventive and preventive services and labor protection

Another important point of this law is the basic concepts of labor protection, not mentioned in the previous law.

The occurrence of an accident. Occurrence of an employee in connection with the performance of his duties both on the employer's territory and beyond, including his / his, which resulted in further damage to the victim and the need to transfer the employee to another job that temporarily or permanently loses the ability to work or die;

occupational disease – an acute or chronic disease caused by a harmful production factor of an employee or a dangerous production factor, causing a temporary or permanent loss of his ability to work;

working conditions – the sum of social and production factors during labor;

labor protection – a system of legal, socio-economic, organizational, technical, sanitary and hygienic, therapeutic, preventive, rehabilitation measures and means of ensuring the safety, health and life of a person;

work-related disability – temporary or permanent loss of ability to work as a result of an industrial accident;

unfavorable factors of production – the presence of harmful production factors and (or) hazardous production factors;

azardous production factor – a factor of production that can affect the impact of an employee;

Summary, suggestions and recommendations. Regulation of labor relations in industrial enterprises is primarily intended to protect the rights and interests of workers in this area. Employers should be aware of many aspects that they can consider when negotiating employment contracts, as well as the nature of work in each industry. Based on the Labor Code and the Law on Labor Protection, it is important to pay attention to the protection of labor.

To do this, various round tables were held to improve the legal literacy of the employer and the worker in the workplace, as well as representatives of advocacy groups consisting of local governments, justice and district and district prosecutors, we would have made significant improvements in labor relations in each area, especially when the legal agreement and the terms of the employment contract were under special control.

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РАЗРАБОТКА РАЦИОНАЛЬНЫХ РЕШЕНИЙ БЕСКОНТАКТНОГО УПРАВЛЕНИЯ ЭЛЕКТРОПРИВОДАМИ ГОРНЫХ МАШИН

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Известно что, горно-электромеханические машины используется для землеройной работы, бурение скважин, передачи и распределение полезных ископаемых по определенному направлениям проводится под усилиями напора. Экскаваторы представляют собой выемочно-погрузочные машины циклического действия, предназначенные для выемки породы или грунта и последующей погрузки его на транспортные машины. По области применения экскаваторы делятся на горные и строительные. Горные экскаваторы, по сравнению со строительными характеризуются большей массой, габаритами, мощностью и более тяжелыми условиями работы [1].

Карьерные гусеничные экскаваторы имеют многодвигательный привод, состоящий из главных приводов: приводы механизмов напора, подъёма, поворота и хода, а также вспомогательных: приводы компрессора, насосов и вентиляторов, двигателей. Электропривод может быть постоянного и пе-

ременного тока. Основные электромеханические оборудование экскаваторов употребляет постоянный электрической энергию от сетевого электродвигателям соединенный к (генератору) электрическими двигателями постоянного тока. Комплектный распределительный устройства экскаватора КРУЭ-6 кВ линии передает 6 кВ, линию на сетевой двигатель который имеет СДЭ-15-34-6 У2 мощность 630 кВти через КРУЭ-6 кВ одновременно передается высокий напряжения 6 кВ на трансформатор ТМЭ-160/6 чтобы обеспечить электрической энергии вспомогательных частей экскаватора. Все вспомогательные устройства экскаваторов употребляет 0,4 кВ напряжение и они коммутируется на цепь с помощью электромагнитного пускателя [2].

Электромагнитные пускатели это коммутирующие устройства работающий с электромагнитным действиям который предназначено для пуска и защиты электродвигателей экскавато-

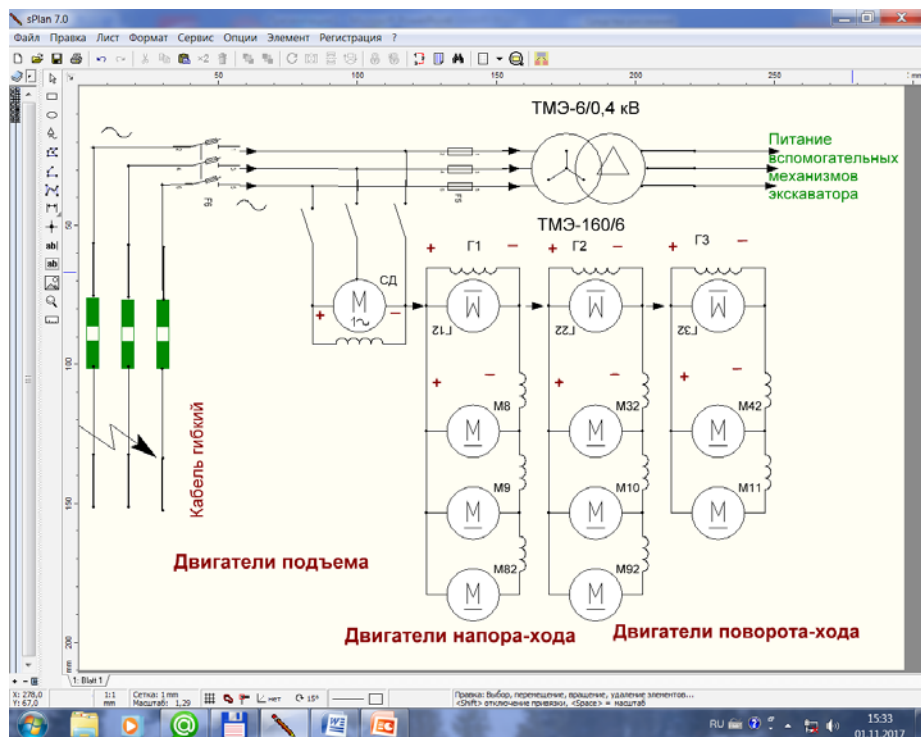


Рис.1. Схема питания главных цепей ЭКГ- 8И

ра и буровых машин. Известно что, раньше электромагнитные пускатели использовались широкомасштабно, но развития прогресс показало что, полупроводниковые элементы является позитивным так как, эти элементы включает себе селективность и надежности припуски и остановки электродвигателей во время колебание напряжение или лавина напряжение [3].

Интенсивное развитие силовой электроники в последние время, результатом которого явилось создание силовые электронные аппараты способных коммутировать с высоким потоком мощности. Также внедрение интегральных схем и микропроцессор-

ных устройств создает благоприятные условия для повышения качества электрических аппаратов путем использования при их построении элементов электронной техники [4].

На рис. 1 и 2 показано схема питания главных и вспомогательных цепей экскаватора ЭКГ-8И.

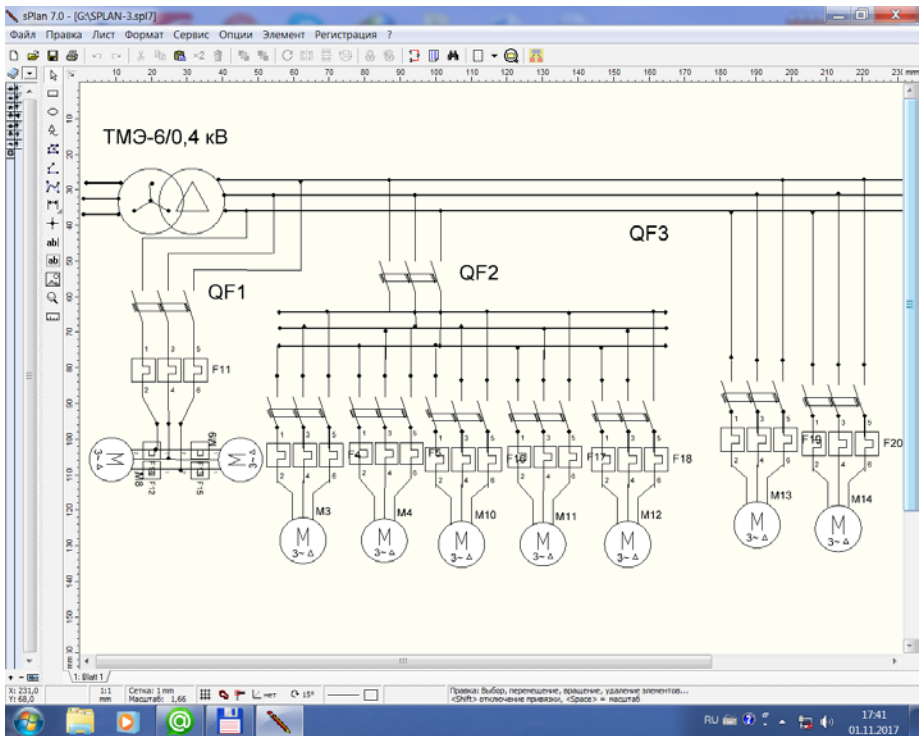


Рис.2. Схема питания вспомогательных цепей ЭКГ-8И

В горном отрасли уделяется много внимания на разработки рациональных решений электромеханического оборудование горного машины и так как управления бесконтактными устройствами является на столько важным для управления горного электромеханического оборудование. Применение электронные коммутационные аппараты повышает качества коммутационных аппаратов и особенно их коммутационной и механической износостойкости. В силовой электроники они становятся все более впечатляющими. К этим силовым полупроводниковым приборам (одно операционные и двух операционные приборы

с использованием тиристоры, оптронным тиристорам, мощными биполярными транзисторами и симисторами), которые сегодня в состоянии коммутировать токи в электрических цепях от сотен ампер до нескольких тысяч при рабочих напряжениях в сотни и тысячи вольт и мощности управления [4].

Мощных полупроводниковых диодов и однооперационных тиристоры начался производство с середины 60-х годов и начала использоваться этих приборов в силовых коммутационных аппаратах управления и защиты (контакторах, пускателях, выключателях). Применение в них для без дуговой

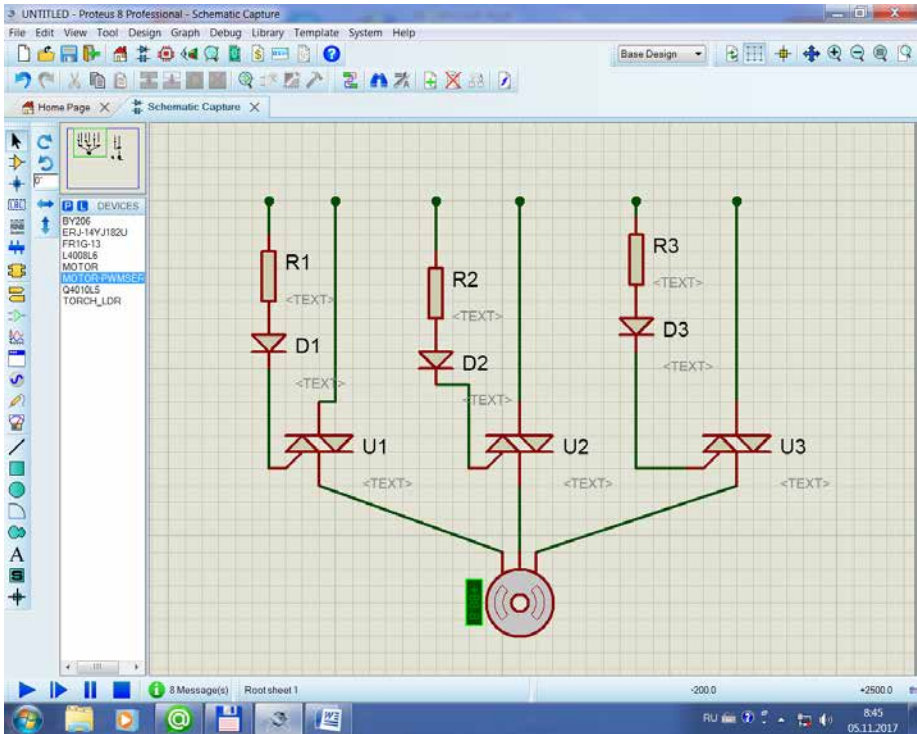


Рис.3.

коммутации электрической цепи в качестве основного силового элемента электронного коммутирующего аппарата (КА), выполненного на базе указанных силовых полупроводниковые приборы (СПП), дало возможность не только повысить износостойкость и быстродействие новых аппаратов, но и осуществлять более сложные процессы управления, чем операция «включено-выключено». Оно также способствует улучшению качества защиты электрооборудования. Это создало благоприятные условия в различных отраслях промышленности для получения значительного экономического эффекта за счет оптимизации техноло-

гических процессов. Силовые бесконтактные тиристорные выключатели переменного и постоянного тока, имеющие высокую износостойкость и обеспечивающие высокий уровень тока ограничения при отключении короткого замыкания в нагрузке [5].

Созданы мощные однооперационные тиристоры, способные выдерживать кратковременные токовые перегрузки до несколько десятков кило ампер. Все это позволяет проектировать полупроводниковую автоматику, защиты и регулирования переменного и постоянного тока с улучшенными технико-экономическими показателями. Высокие технико-экономические по-

казатели полупроводниковой автоматика, гибкость их регулировочных характеристик и возможность выполнение в одном устройстве функции различных аппаратов. Удобство их сопряжения с элементами автоматики и микропроцессорной техники создали благоприятные условия для разработки на основе этих аппаратов автоматизированных низковольтных комплектов устройств (НКУ), отвечающих самым высоким требованиям современного промышленного производства [5].

На рис.3, показано лабораторная программа UNTITLED-Proteus 8 Professional для соединения электрических цепей, данная программа дало нам анализировать бесконтактный способ управления вспомогательных оборудование экскаватора ЭКГ-8И.

Предлагаемая бесконтактная устройства отличается тем, что имеет простая схема управления и конструкции. Эта устройства можно использовать как коммутирующий аппарат в цепях постоянного тока и переменного тока.

Прежде чем, выполнять какой ни будь операцию мы ознакомились технологическим паспортном данным электродвигателей и выбрали 3-х фазный асинхронный двигатель имеющий активный мощность 3 кВт.Соответственно с параметром асинхронного электродвигателя мы соединили полупроводниковые симисторы VS1,VS2,VS3, на каждый фазе асинхронного электродвигателя. После установление полупроводника на дви-

гатель мы проверяем контрольный управляющий электрод симистора, тогда мы можем определить за сколько передачи электрического тока на контрольный управляющий электрод оно открывается. Следовательно что, определили импульсный ток полупроводниковый электронный ключа, тогда мы выбираем диод VD1, VD2, VD3, для открытые контрольный управляющего электрода на каждом симистре.

По правилам электроники каждый электрический цепь должен быть соединен с соответствующим параметром сопротивления, чтобы обеспечить стабильную работоспособности электрических цепях и предостерегать от короткого замыкание электрических оборудование. Тогда по правилам электроники присоединили резистор-сопротивление к диодом и получали позитивный анализ бесконтактного пуска электрических приводов горных электрических машины.

Использование бесконтактных элементов в управление электродвигателей, экологически без вредных и во многих предприятиях защищает от повреждения электродвигателей и предостерегает от пожара.В настоящее время в электрических установках внедряется бесконтактные электронные устройства употребляющий малый мощность, бесшумность, малогабаритность, точно и надёжно работающие.

Использование тиристоры для коммутации в электроустановках и их схемы работающие по новому способу является важным и экономичным.

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UDK: 631.48: 631.452

MODERN CONDITIONS AND SALTED PROBLEMS AND THE MELIORATION OF IRRIGATION IN BARREN STEPPE.

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In this article given analysis of modern conditions and salted problems and the melioration of irrigation in barren steppe.

Key words: cotton growing, agricultural, fertility, melioration, fertilizer, geomorphology, mineralization, territory.

One of them big regions of cotton growing in Central Asia (Aral Sea) named Barren steppe located in left shore of Syrdarya river, area about 1 million hectare. All of irrigation of area there included above 800 thousand hectare, from them about 300 thousand hectare irrigated systems "Dustlik" magisterial channel and above 300 thousand hectare systems South Barren steppe channel (SBS) and named now zone Barren steppe.

The border of between zone worked Central Barren steppe's collector. The territory of Barren steppe agro climatic regions shared for three (3) groups.

"Paxtaralskaya" group characterized sums positive temperature for the period of vegetation from 4050 to 4250⁰C, from this spring period lack of termic resources (200-400⁰).

For "Mirzachul" groups sum temperature is 4300-4600⁰ spring period middle (sums effective temperature 400-700⁰)

"Ursatskaya" group has total sums positive temperature for vegetation period 4900-5080⁰C, sums effective temperature for spring period included 700-1000⁰.

Geomorphology territory included next main types of relief, hills regions,

foothills region, flat attributive plain (Barren steppe plateau) lower (Djebsey, Sardoba, Karay Arnasay) alluvial valley in river Syrdarya.

Mainly geology – litology and geomorphology forms in hydrological regyme and others. For official documents (National RUz, Yergeodezkadastr, 2010) salted soil 413,7 thousand hectare land in republic, from this 54,2 thousand hectare in Barren steppe (Syrdarya and Jizzak region) land with high (>2,0 m) level deposit of soil 16,5 thousand hectare with high level salted 14,0 thousand hectare, others 23,6 hectare, ex-irrigation of land, lack of water.

Founding modern condition of meadow land – land meadow and meadow irrigation soil barren steppe and character of meliorative condition "Uzyergeodezkadastre" in Uzbek scientific research institute Soil science and agro chemistry in 8 territory of monitoring researching.

Total reserve of salt and soil high two meters (377-395), from this reserves of chlorine included 16-26 t/hectare in forms M.Uzakov, Siddikova and Paxtakor, Syrdarya region.

In finally total reserve of salts and chlorine shared for 5 groups:

Table 1

The dynamics changing depth of bed, mineralization of subsoil's waters and structure of watering salts in soils of Barren steppe.

№	Farming, Region, Soil	Depth, cm		Mineralization, g/l		General reserves of salt, t/h			
		limit	middle	limit	middle	Solid remainder		Chloride	
						limit	middle	limit	middle
Сырдарьинская область									
I	Named M.Uzakov, Sardoba. Grey land-meadow	180-215	199	3,130-7,250	5,900	316,68-395,08	355,88	7,00-16,62	11,72
II	Named U.Nosir, Ak-altin. Grey land-meadow	170-210	185	4,890-7,100	6,026	197,96-219,24	208,60	14,00-15,96	14,98
III	Named S.Siddikov, Ak-altin. Meadow-grey land	180-220	196	4,380-6,530	5,437	305,48-377,72	341,60	5,60-8,40	7,00
IV	«Paxtakor», Xavatsk. Meadow	130-170	155	5,230-8,110	6,719	365,96-389,76	377,86	25,48-26,60	26,04
Djizak region									
V	«Tashkent», Mirzachul. Grey land-meadow	170-210	190	4,360-6,860	5,433	124,04-136,08	130,06	7,56-13,72	10,64
VI	«Kazakhstan», Arnasay. Grey land-meadow	150-170	160	4,360-7,640	5,934	182,84-210,28	196,56	9,24-22,40	15,82
VII	Named H.Alimjan, Zafarabad. Meadow – grey land	130-160	144	4,350-7,210	5,615	371,28-376,60	373,94	4,48-7,56	6,02
VIII	«Andijan», Zarbdar. Meadow – grey land	150-200	172	3,360-6,420	5,006	131,60-141,96	136,78	7,28-9,24	8,26

Soils with salts 0-50, chlorine 0-1,4 t/hectare, reserve of salts very low, meliorative condition is very good.

Soils with salts 50-100 t/hectare, chlorine 1,4-4,9 t/hectare, weak salted – total

reserve of soil lower, meliorative condition is good.

Soils with salts 100-200 t/hectare, chlorine 4,9-9,8 t/hectare, middle salted – total reserve of soil lower, meliorative condition is middle.

Soils with salts 200-300 t/hectare, chlorine 9,8-19,6 t/hectare, strong salted – total reserve is high, meliorative condition is unsatisfactory.

Soils with salts above 300 t/hectare, chlorine 19,6 t/hectare, very strong salted – total reserve of soil is high, meliorative condition is bad.

For all groups of soil recommend agro meliorative and optimal norms of irrigation.

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THE BOOK “AVESTA” IS THE FIRST WRITTEN SOURCE OF OUR HISTORY AND SPIRITUALITY

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***Annotation:** This article deals with the first rare written source of the history of Uzbekistan “Avesta”.*

Key words: Zoroastrianism, Yasna, Yasht, Visparad, Videvdat, Sel – Ungur, Kulbulak, Avesta, Ahura Mazda, Aryanam Vayjakh, Spitoma, Fragarad.

The history of the peoples of Central Asia is very ancient. It dates back to the ancient Ashel stages of the Stone Age (between 1 million and 200 thousand years). Archaeological monuments of this period were studied in the territory of Uzbekistan on the example of Sel-Ungur and Kulbulak monuments. In Sel – Ungur, even the remains of human bones were found, along with the labor weapon of our first parents. It is known as Fergantrop, which dates back to 1 million years or even older.¹

The monuments of history and stages of the history of ancestors after the Fergantropic person of personality history in Central Asia, including Uzbekistan, have also been discovered. Ninety-nine per cent of this centuries-old history is studied on archeological sources. Because, there was no writing at that time. The first source of information about the ancient history of Central Asia is Avesta, and its first book, Videvdat,

given the names of ancient civilizations and peoples of Central Asia.

Indeed, “Avesta” was the sacred book of the Zoroastrian religion, which our ancestors believed in until the end of the Islamic religion (VIII century AD).² This book is a great heritage that has come to our forefathers as long as we have believed in the monotheistic beliefs of our ancestors as the fruits of the spiritual disciplines that have come to our senses of self-consciousness.

The religion of Zoroastrianism is conditional on the name of the prophet Zaratushtra, who brought good information about this religion. In fact, in the book Avesta, this religion is called the “mazdayasna religion”. This word is translated as “worship to the Mazda” and the word “Mazda” means “wise, intelligent”.³

All good things are believed to have been created by the will of the Mazda.

² Historiography of Uzbekistan. Volume 1. Oldest written sources. Avesto. T., Fan, 2014, p.124

³ A.Askarov. Origin of the Uzbek people. T., Uzbekistan. 2015, p 91

¹ A.Askarov. Origin of the Uzbek people. T., Uzbekistan, 2015. P 91

Before word Mazda added the word Ahura – “praise” and the name of the god of zoroastrianism – the name of the god Ahura Mazda has been created. The Mazdayasna religion has begun to slip as the religion during the spread of Islam, especially after the VIII century. His holy book, like many books created by our ancestors until Islam, has disappeared and forgotten.

The religion of Zoroastrian formed in VII-VI centuries BC. The Zoroastrian religion, which is one of the oldest spiritual values, played an important role in the spiritual development of the peoples of Central Asia, Iran, Azerbaijan, Khorezm and other counties of the East.⁴

The main reformer of this religion was Spitoma Zaratushtra. He was not a legendary person but a historical person.

The name Zaratushtra means “owner of an old camel” or “old camel owner”. According to our scholars, at the end of the II millennium and early in the 1st millennium, Khorezm was a rich and culturally rich country in Aryanam – Vayjakh. In the book Avesta, the place of residence of the Khorezmian people means “Aryanam – Vayjax”, means the Ariyan land.⁵

The essence and essence of Zaratushtra’s doctrine differ from previous beliefs by the German anthropologist H. Humbakh as follows: “... What was the essence of the idea that destroyed all the cohorts and Brahmins, who worshipped to the cow to one of the

greatest religious reforms? He has come to the conclusion that the world has come closer to the end of its existence and that now good and bad are separated from one another – it has given this vision to the humanity.”⁶

Indeed, the Avesta, the holy book of the Zoroastrian religion, has not come up to now fully. Its fragments came from the book called Yasna, Yasht, Visparad, Videvdat. Avesta’s Videvdat is a book that is a very young, but fully-preserved book among the parts of Avesta, which consists of 22 Chapters. Its chapters are called “Fragard”. In the Fragards there are information about 16 valleys of Ahura Mazda, including Hvarizam (Khorezm), Gava in Sugd (Sugd), Mouri (Marv), Bakhdi (Balh), about good deeds of farming and livestock.⁷

“Avesta” can provide interesting information for ancient history, religion, ethnography, ethical philosophical views, cosmogony, theology and many other spheres. At the same time, “Avesta” is one of the first works of art and literature. It contains the oldest commentaries, narrations, heroic epics. Hushan, Takhmuras, Jamshid, Kayumars, Faridun, Zahhok and others, included in the system of Avesta’s supernatural imagery, also entered medieval literature. Kayhusrav, Afrosiab, Siyovush, Rustam, Suhrob and many others have been living for centuries.

6 Кляшторный С.Г., Султанов Т.И. Kazakhstan. Chronicle of three thousand years. <http://pddabut.com/d.php?id=34693.str.19>.

7 Iskhaqov M. Wisdom, kind words and good deeds. Materials of scientific-practical seminar «Avesto – the first written source of our history and spirituality». T., 2000, pp. 14-17

4 History and values. T., 2015, p 45

5 Matniyazov M. History of Khorezm. Khorezm Urgench. 1997

The most important ethical idea of Zoroastrianism in Avesta expresses this: If you are want to win the world of Ahrimanus, the furthest of Ahura Mazda, who created the good, and to achieve the literary happiness of humanity, be good in word and deed, and speak good words and good deeds. A person who follows these three principles in his life does not go on the path of evil. This is the simplest goal of life – the only goal in the right path. Zoroastrianism is called a free choice of humanity, which can be stand in the side of good or bad⁸.

In summary, the ancient geo-territorial concepts of Avesta – ethnic tribes and region names, social and economic relations, and the social structure of the Avesta society are a unique source for the history of the ethno genesis and the history of the first states of Central Asia. It reflects the primitive and ancient divine concepts of Uzbek and Tadjik, Persian and Afghan, Azerbaijani and other nations, concepts related to the creation of the universe and the earth, myths and traditions, and philosophical-moral views.

⁸ A. Askarov. Origin of the Uzbek people. T., Turkey, 2015, p. 94.

THE ETYMOLOGY AND LOCALIZATION OF KHOREZM IN THE TRANSLATIONS OF AVESTA

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***Annotation:** The article deals with the issue of observing the similar and different aspects between the localization of Khorezm and translation of Avesta in three languages, such as Uzbek, English and Russian under example of the first fargard of Videvdat.*

Key words: Videvdat, Avesta, Ahura Mazda, Airyana Vaeja, Vendidad, Aral, Van-guhi Daitya

The contribution of the people who lived between the two rivers to the world civilization, to the spiritual perfection of mankind for centuries is no doubtful today. Today, Avesta, the great heritage of the minds and the spirituality of our long-lived ancestors, serves as an important source of coverage of the earliest pages of the people who lived between the two rivers.

But recent studies have shown that there are many troublesome problems between “Avesta” and its various translations (translations from Uzbek, Russian and English). In this article, we find it necessary to dwell on the differences between the “Avesta” and the names of Khorezm and its localization in today’s translations of it.

One of the parts of Avesta, Videvdat, was originally Vendidad (Vendidad – one of the next parts of the New Avesta, but, according to some scientists who works on Avesta, it was a complete work, and expressed ancient moughs’ tradition, morals, culture and education. “Vendidad” is a compact form of the word “Vai-Daeva-Data”, which consists of three parts: the

first meaning of the word “Vai-” means “distant”, “seperation” which was added to the many verbs and names in Avesta. Second word “Daeva” is the plural form of the word “giant”, the meaning of the third word “data” means “law”, “statute”.

It can be concluded that the term “Vendidad” or “Vaydaevadata” was also known as the “The law keeps away from the giants” or “statute against the giants”, which is also called the “Small Avesta”. When Videvdat’s textual language was compared with the others i.e. Gathas there were some mistakes. Therefore, the relative date of the final part is defined as the last period of the Ahamonists’ era according to the I.Gershevich. [1]

The first fargard of Videvdat is about sixteen countries, created by Ahura Mazda. The list of 16 countries begins with the country Airyana Vaeja in the Ariana-latitude and ends with a remembrance of the country on the river Ragha. It should be noted that the content and the structure of Videvdat are quite controversial. The sequence of the names explained by the scientists H.S. Nyberg [2] and D.Monchi-Zadex [3]. According to scientists, most

of the countries are located in East Iran and some in Western Iran.

Hombach [4] localized the location of the states in the mountain between Parfia and Aria according to the studies in Eastern and Western Iran which was called Mosondro Oros by Ptolomey. Another interpretation of the list of countries was identified by G.Gnoli [5]. According to Gnoli, all the countries were related to the Eastern Iranian world. From the above, it seems that scientists have not come to a conclusion on the Avesta geography.

Aryanam Vayja, which was often referred to as the coldest country in the text, is often identified as ancient Khorezm. This identification was given by the scholars J. Markvart and Vilgelm Geigertomon. Other scholars, E.Benvenista and A. Christensen [8] identified Aryana Vayja in the list of 16 countries as Hvarizam in Mekhr Yasht. According to the concept of Kharasmia, the land of the Aryans is Khorezm.

We can see this from the hypothesis of Hare's Horezmia. Henning learned the main part of his research by Geradot and Gekatey works and Based on this findings he concluded that the Horezmites living in the south of the Aral Sea before the attacks of Ahamonists to the East i.e. in the 550 BC-530 BC had ruled over the lands as Areyan and Margiana.

Gnoli created his own theory about the identification of Ayrana Vayja. According to him, the localization of the country is located near present Seistan. However, it is logical to place the localization of the country in the north due to the climatic feature of the land, as to the in-

formation about winter which is long and cold that is given in the Videvdat. Still, there are doubts about the country's unnatural existence.

The name of the land itself is more legendary, with the name Ayrana Vayja in fargard being identified as a definite geographical entity. Since two countries – Sogd, Marv, Balkh, Nissa, and Herat – are located in one direction from north to south, we can say that the first country in the fargard is located in the north of Sughd. All references to Airyana Vayja in Avesta refer to the data on the location of the country on the northern shores of Syrdarya.

In all parts of Avesta, i.e. Videvdat and Yasht, the country's name was given as Airyana Vayja the country on the Daitya coast. The Daitya geographical name is hydrotroponim. According to Hodzhaeva, Daitya is the Oxus, the present Amu Darya. Daitya was called Oxus during the Sassanid period.

In summary, Khorezm is the first state in the first fargard was written as Iyron Vij, in the 3-4 parts of the translations by Askar Mahkam [6]. In the 2-3 sections of the translations of Darmsteter [7] shown in the form of Airyana Vayja. As to the 2-3 parts of translations by Steblin-Kamen-skovo [8] was given as Ariysky Prostor. Airyana Vayja can be considered as the state which was located on the shores Aral Sea.

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РАЗРАБОТКА РАЦИОНАЛЬНЫХ РЕШЕНИЙ ПОЛУПРОВОДНИКОВОГО УПРАВЛЕНИЯ ЭЛЕКТРОПРИВОДАМИ ЭКГ-8И

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Наиболее трудоемким процессом при открытом способе разработки полезных ископаемых являются выемочно-погрузочные работы. Механизация их должна уделять основное внимание. Наиболее прогрессивные бестранспортные схемы экскавации с применением высокопроизводительных машин, способных перемещать породы на значительное расстояние. Несмотря на развитие бестранспортных систем разработки преобладающими являются транспортные способы введения работ с применением экскаваторов. Экскаваторы применяются для вскрышных работ и для добычи угля, руд, строительных материалов открытым способом [1].

Экскаватором называется машины для зачерпывания горной массы, перемещения ее на относительно небольшие расстояния и погрузки на транспортные средства или отвал. По области применения экскаваторы делятся на горные и строительные. Горные экскаваторы, по сравнению со строительными характеризуются большей массой, габаритами, мощностью и более тяжелыми условиями работы. Карьерные гусеничные экскаваторы имеют многодвигательный привод, состоящий из главных приводов: приводы механизмов напора, подъема, поворота и хода, а также вспомо-

гательных: приводы компрессора, насосов и вентиляторов, двигателей [1-2].

Известно что, электропривод экскаватора ЭКГ-8И имеет постоянного и переменного тока управления. Основные электромеханические оборудование экскаватора употребляет постоянную электрическую энергию от сетевого электродвигателя соединенный к (генератору) электрическими двигателями постоянного тока. Комплектный распределительный устройства экскаватора КРУЭ-6кВ линии передает 6 кВ, линию на сетевой двигатель который имеет СДЭ-15-34-6 У2, мощность 630 кВ через КРУЭ-6кВ одновременно передается высокий напряжения 6кВ на трансформатор ТМЭ-160/6 чтобы обеспечить электрической энергии вспомогательных частей экскаватора. Все вспомогательные устройства экскаватора употребляет 0,4 кВ напряжение, и они коммутируется на цепь с помощью электромагнитного пускателя [3].

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Электромагнитные пускатели это коммутационные устройства, работающие с электромагнитными действиями которые предназначены для пуска и защиты электродвигателей экскаватора ЭКГ-8И. Раньше электромагнитные пускатели использовались широкомасштабно, но развитие прогресса показало что, полупроводниковые элементы является позитивным так как, эти элементы включают в себя селективность и надежности пуска и остановки электродвигателей во время колебания напряжение или лавина напряжения [4].

Интенсивное развития силовой электроники в последнее время, результатом которого явилось, создание силовых *электронных коммутационных аппаратов* с высоким потоком мощности. Также внедрение *интегральных схем и микропроцессорных устройств* создает благоприятные условия для повышения качества электрических аппаратов путем использования при их построения *элементов электронной [5]*.

В горной отрасли уделяется много внимания на разработки рациональных решений электромеханического оборудования горных машин и так как управления бесконтактными устройствами является, важным для управления горного электромеханического оборудования. Применение электронных коммутационных аппаратов повышает качества коммутационных аппаратов и особенно их коммутационную и механическую износостойкость. К этим силовым полупроводниковым приборам (одни операционные и двух операционные приборы с использованием тиристоров, оптронным тиристорам, мощными биполярными транзисторами и симисторами), которые сегодня в состоянии коммутировать токи в электрических цепях от сотен ампер до нескольких тысяч при рабочих напряжениях в сотни и тысячи вольт и мощности управления [4].

Мощных полупроводниковых диодов и однооперационных тиристоров началось производство с середины 60-х годов и началось использоваться эти приборы в силовых коммутационных аппаратах управления и защиты (контакторах, пускателях, выключателях). Применение в них для бездуговой коммутации электрической цепи в качестве основного силового элемента электронного *коммутирующего аппарата (КА)*, выполненного на базе указанных си-

ловые полупроводниковые приборы (СПП), дало возможность не только повысить износостойкость и быстродействие новых аппаратов, но и осуществлять более сложные процессы управления, чем операция «включено-выключено». Оно также способствует улучшению качества защиты электрооборудования. Это создало благоприятные условия в различных отраслях промышленности для получения значительного экономического эффекта за счет оптимизации технологических процессов. Силовые бесконтактные тиристорные *выключатели* переменного и постоянного тока, имеющие высокую износостойкость и обеспечивающие высокий уровень тока ограничения при отключении короткого замыкания в нагрузке [5].

Созданы мощные однооперационные тиристоры, способные выдерживать кратковременные токовые

перегрузки до несколько десятков килоампер. Все это позволяет проектировать полупроводниковую автоматику, *защиты и регулирования переменного и постоянного тока* с улучшенными технико-экономическими показателями. Высокие технико-экономические показатели полупроводниковой автоматики, гибкость их регулировочных характеристик и возможность выполнения в одном устройстве функции различных аппаратов. Удобство их сопряжения с *элементами автоматики и микропроцессорной техники* создали благоприятные условия для разработки на основе этих аппаратов *автоматизированных низковольтных комплектных устройств* (НКУ), отвечающих самыми высокими требованиями современного промышленного производства [5].

На рис.1 и 2 показано схема питания главных и вспомогательных цепей экскаватора ЭКГ-8И.



Рис. 1. Схема питания главных цепей ЭКГ- 8И

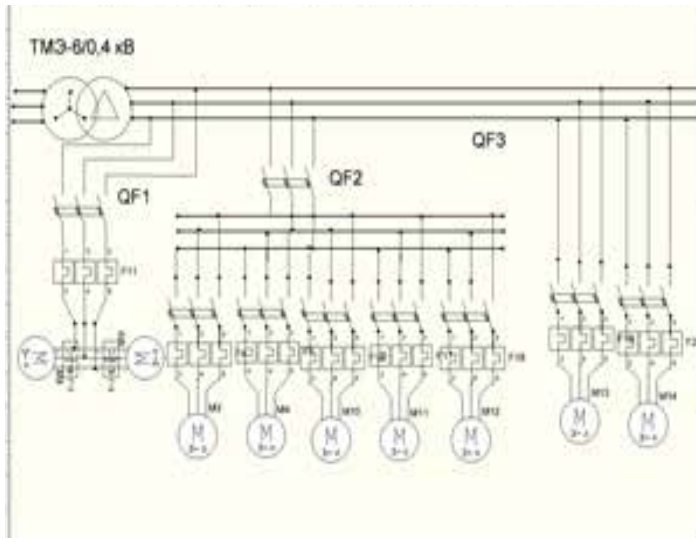


Рис. 2. Схема питания вспомогательных цепей ЭКГ-8И

Данное время, для управления электроприводами вспомогательных частей ЭКГ-8И используются, контактные электромагнитные пускатели и контакторы. Контактные электромагнитные пускатели и контакторы используются для реверсивного пуска и управления вспомогательных частей электроприводами ЭКГ-8И, вспомогательных частей горных машин, буровых агрегатов и автоматических цепях электроустановок. Но рост потребления электроэнергии и усложнение систем электроустановок требуют огромное внимание на качество коммутационных установок. Наблюдался что, во

время коммутаций контакторов и электромагнитных пускателей происходила подгорание контактов и залипание контактов. Кроме того, во время коммутации контактные электромагнитные пускатели и контакторы не могли осуществлять большое количество коммутаций в ЭКГ-8И.

Предлагаемая бесконтактное устройство отличается тем, что имеет простую схему управления и конструкцию. Это устройство можно использовать как коммутирующий аппарат в цепях постоянного тока и переменного тока.

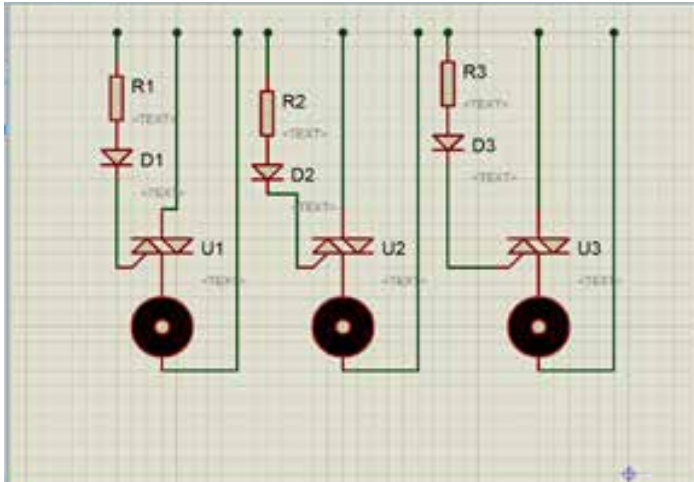


Рис.3. Схема пуска двигателя постоянного тока с помощью бесконтактного устройства.

Целью данной работы является создание полупроводникового автоматического устройства для пуска и управления электроприводов ЭКГ-8И. Для этой цели, используется полупроводниковые автоматические устройства, для реверсивного пуска и торможения электроприводов. Важным преимуществом полупроводниковых аппаратов является их быстродействие, высокая скорость и частота переключения, долговечность, простота обслуживания, механическая стойкость способность к работе во взрывоопасных и загрязненных средах, уменьшенный уровень радиопомех, бесшумность, малые габариты. На полупроводниковых автоматических блоках используются симисторные, тиристорные полупроводниковые устройства которые, имеет в себя воз-

можность осуществления большого количества коммутаций и одновременное отключение фаз питающей сети, и значительное снижение мощности потребления цепями управления для пуска и управления электроприводами экскаватора карьерного гусеничного типа.

На рисунки-3, показано лабораторная программа UNTITLED-Proteus 8 Professional для соединения электрических цепей, данная программа дало нам анализировать бесконтактный способ управления основных оборудования экскаватора ЭКГ-8И.

Прежде чем, выполнять какую нибудь операцию мы ознакомились технологическим паспортным данным электродвигателей и выбирали двигатель постоянного тока имеющий активный мощность 50 кВт. Соответственно с параметром двигателя по-

стоянного тока мы соединили полупроводниковые симисторы VS_1, VS_2, VS_3 , на каждый электропривод экскаватора. После установление полупроводника на двигатель мы проверяем контрольный управляющий электрод симистора, тогда мы можем определить за сколько передачи электрического тока на контрольный управляющий электрод оно открывается. что определили импульсный ток полупроводниковый электронный ключа, тогда мы выбираем диод VD_1, VD_2, VD_3 , для открытые контрольный управляющего электрода на каждом симисторе.

По правилам электроники каждая электрическая цепь должна быть соединена с соответствующим параметром сопротивления, чтобы обеспечить стабильную работоспособность электрических цепей и предотвратить от короткого замыкание электрических оборудований. Тогда по правилам электроники присоединили резистор-сопротивление к диодом и получали позитивный анализ бесконтактного пуска электрических приводов горных электрических машины [4-5].

Использование бесконтактных элементов в управление электродвигателей, экологически без вредных и во многих предприятиях защищает от повреждения электродвигателей и предостерегает от пожара. В настоящее время в электрических установках внедряется бесконтактные электронные устройства употребляющие малую мощность, бесшумность, малага-

баритность, точно и надёжно работающие.

Эксперименты показали, что полупроводниковые устройства для коммутации в электрических цепях, в частности пуска электрооборудование используется в местных условиях на промышленных предприятиях. Использование тиристоров для коммутации в электроустановках и их схема работающая по новому способу является важным и экономичным.

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