



**THE EMBASSY OF THE REPUBLIC OF UZBEKISTAN  
TO THE KINGDOM OF BELGIUM  
MISSIONS TO THE EUROPEAN UNION AND NATO**

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**HEALTHY PEOPLE IS CAPABLE OF GREAT ACHIEVEMENTS**

At the Oqsaroy on 11 February, President of the Republic of Uzbekistan Islam Karimov chaired a regular meeting of the Board of Trustees of the Fund for the Development of Children's Sports of Uzbekistan.

The head of our state expounded on the efforts undertaken by the Fund since its establishment, in particular, last year and its essence and significance.

“We have established the Fund for the development of children's sports with high hopes and noble purposes in 2002,” said Islam Karimov. “Since then, 14 years have passed. From this point of view it would be appropriate if we analyze the work done not only in 2015, but also, to some extent, for the entire period. That is, it is necessary to talk about what we have achieved by establishing a special fund for the development of children's sports, raising it to the level of state policy, the implementation pace of initial tasks, and what conclusions we have to draw from this experience”.

“Firstly, we all know that the main task of the fund has been identified as communion with sports of our children, the younger generation from the early childhood, awakening their interest and love for the sport, upbringing the younger generation as physically and mentally healthy, harmoniously developed individuals. We have set ourselves the objective: let our boys and girls from childhood, mostly from school years, consider sports as their permanent companion in life, a true friend, and for this purpose - to create conditions and opportunities.

The results, achieved in this area in our country, were discussed in figures and examples during the meeting.

In particular, while 30 percent of children and adolescents aged 6 to 15 years, including 29 percent in rural areas were engaged in sports activities, in 2015 these figures raised to 57.2 percent and 56 percent respectively. Unquestionably, it clearly indicates changes and tremendous growth we have achieved in this direction.

Secondly, as a result of our targeted work, aimed at the development of children's sports, the quantity of sports types, in which our children are regularly involved, has been increasing. For example, the children of a given age attended classes in 43 kinds of sports in 2005, currently they are engaged in 59 sports, which

reflects significant growth not only quantitative but also qualitative progress in this area.

The fact that our children are regularly engaged in such new sports like gymnastics, swimming, synchronized swimming, tennis, taekwondo, judo, karate, water polo, rowing, and taking part in prestigious continental and world competitions, climbing to the highest step of the podium, gives each of us special joy and delight, said President of Uzbekistan.

Previously, we could not even dream about such modern swimming pools, tennis courts or gym halls which operate in our country today. For example, previously, talking about swimming, we imagined only swimming in ditches or channels which do not meet elementary sanitary requirements. As a result, the cases of serious diseases rose among the population, especially children. Uzbekistan among the republics of the former Soviet Union had the highest maternal and child mortality rates, which is well known from our recent history.

Because of this very difficult situation that we have inherited from the colonial system, in 2000 about 6 thousand out of 100 thousand children suffered from acute respiratory viral infections, 576 from pneumonia, 449 from bronchitis, 310 from scoliosis.

As a result, we carried out extensive work on the progressive realization of economic, social, domestic, medical and other measures, systematic development of children's sports. The incidence of acute respiratory viral infections among children aged 6-15 years, involved in sports, declined by 47.3%, pneumonia by 55.6%, bronchitis by 61.7%, scoliosis by 45.5%, which delight us all as we have achieved an important result, Islam Karimov said. Every parent sees such positive changes on the example of his family, his children, and is deeply aware of the impact and importance of sports in this direction.

Thirdly, it is also necessary to highlight our efforts on attracting girls to sport. The indicators in 2005 were 24%, including in rural areas 22%. It is gratifying that today 47% of girls, including 44.7% in rural areas regularly engage in sports.

Looking at cross-regional data for 2015, we can see that the number of girls, engaged in sports in Fergana region was 47.6%, in Namangan region – 47.5%, Samarkand and Khorezm regions – 47.4%, which surely deserve special attention.

We must further continue this work, said President Islam Karimov. Looking at girls, we see future mothers who will give life and educate future generations – the hope and support of our people. That is, if a girl is healthy and happy, her family and children will also be healthy and happy. Healthy and happy family leads to prosperous and healthy society. We should never forget about it.

We paid particular attention to training women coaches, adopted special regulations, in order to raise the interest of girls in sports, to promote sports among them. All of these measures are yielding results today. Previously it was very difficult to find mentors in the field of sports. In rural areas, it was even impossible.

With all this in mind, a new, effective system of motivation of highly qualified sports coaches, including female coaches has been implemented in our country, which is yielding its results. The fact that the number of coaches and sports mentors

in 2015 compared with 2005 has increased by 1.5 times, including women-trainers by 3.8 times is a bright indication of our achievements.

Fourthly, a noble work aimed at ensuring the future of our children also finds its practical incarnation in the physical growth and development of the younger generation, Islam Karimov said. For example, currently the share of 14-year old boys, whose rates of growth satisfy the standards of the World Health Organization, constitutes 97.9% in Tashkent, 97.6% in Namangan region, 97.1% in Kashkadarya region, 96.8% in Bukhara region, 94.2% for the whole country. In other words, the height of our boys and girls at the age of 14 over the last ten years on average has increased by 2.8 centimeters.

Another important result, accomplished in this direction can be seen in the fact that the number of boys fits for military service rose from 63.4% in 2000 to 86.3% in 2015, their height increased by 5.9 centimeters and averaged 171.7 cm, the weight went up for 6.2 kg. to an average of 67.8 kg.

Fifthly, it is obvious that regular engagement in sports form a healthy worldview in our children, strengthen their will, create a solid basis for the formation of their masculine personalities, able to bravely overcome various challenges and difficulties. The most important thing that sports-minded children will not succumb to the negative effects of alien destructive ideas, Islam Karimov said.

Currently, our youth spend their meaningful free time in modern football fields, built in towns and villages. Such work is yielding results. Our life, consciousness, the attitude towards ourselves, our health, future are changing, and the role of sports in this process along with many other positive factors is great, said the President of our country.

Sixth, it's not a secret for anyone that sports, along with the promotion of health, is also a huge factor in the glorification of any country, any state in the world. Successes and victories, achieved by our sportsmen in international competitions stir feelings of pride and admiration, even stronger love for the Motherland in our hearts.

Our ancient history, rich culture has had many great thinkers, invincible commanders, wrestlers, and we are very proud of them today. Our youth today reaches high heights in all spheres as a worthy successor to such great ancestors, including in sports, raising on the highest step of the podium in the world, increasing the sense of pride and honor of our people.

Our talented athletes are demonstrating through their great victories on the international arenas that the youth of Uzbekistan are not inferior to anyone in no way.

It will suffice to cite the following facts: last year alone 1668 of our athletes, including 567 girls participated in 165 international competitions, won 983 medals, young talents – the talented musicians and performers won 137 prize-winning places and 76 of them were awarded the Grand Prix and first places at prestigious international competitions.

Our children, who reach such lofty goals, may be considered as worthy representatives of millions of young men and women of Uzbekistan. Such youth is an example for thousands and thousands of peers, encouraging them to achieve big goals, said the head of state.

Islam Karimov emphasized that in the process of manufacturing sports equipment and sportswear it is necessary to pay attention to the quality, convenience, and their compliance with international standards. It is also important to establish licensing procedure for the manufacture of sports stock, developing a competitive environment in this sphere.

The head of state particularly noted the need for a more extensive attraction of girls to physical education and sports, creation of favorable conditions for them in swimming pools, improving the activity of the women's committees.

Seventh, the role of music education, introduction to art, in line with the sports are of great importance in the formation of physically healthy and harmoniously developed personalities. If the physical culture and sport bring up the will of a person, strengthen their health, music gives them spiritual food, enriches the inner world and forms the most delicate feelings.

No doubt, a person who loves music is far from evil and ignorance. Therefore, along with the construction of children's sports facilities as a priority, we also should attach great importance to the construction of children's schools of music and art.

If to analyze the preliminary results of our work on the example of rural areas of the country, it becomes obvious that we have implemented noteworthy significant work, Islam Karimov said.

At present 191 children's schools of music and art have been built in 157 rural districts of the country.

We are all glad that such institutions, built on a completely new basis, serve to the formation of independently thinking young generation who have mastered modern knowledge and professions, who will build a great future of Uzbekistan thanks to its tremendous creative and intellectual potential.

The nation, which educates such youth and have set before itself these great goals, will never deviate from chosen path, and will definitely achieve these objectives, said the President of our country.

The announcement of the year 2016 as the Year of a Healthy Mother and Child is widely supported by all people.

In this sense, it is no exaggeration to say that this year will mark a new phase in the activities of the Fund for development of children's sports.

Sports is most important and strong factor in the education of harmoniously developed generation and continues to be so. Sports is, first and foremost, a healthy generation, healthy future. Only healthy people, healthy nation are capable to great accomplishments, Islam Karimov said.

Enhancing the role of physical education and sports in forming a healthy generation, further strengthening the material-technical base and personnel potential on the basis of international standards, and most importantly, engagement of every child and every family to the sports should remain one of our most important tasks, said the head of state.

First Deputy Prime Minister of the Republic of Uzbekistan, Minister of Finance R.Azimov, Deputy Prime Minister B.Zokirov, Deputy Minister of Public Education – Executive Director of the Fund for the Development of Children's Sports

E.Iskandarov, heads of a range of ministries and agencies as well as hokims of regions spoke on the issues discussed.

Corresponding decisions were adopted on the issues deliberated at the meeting.

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