

**THE IMPACT OF ATTENTION TO WOMEN AND GIRLS IN OUR COUNTRY,
USING THE EXAMPLE OF THE SPORT OF TAEKWONDO**

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Extensive work is also being done to protect the rights and interests of women, to achieve their full-fledged participation in the socio-political life of the country, to ensure gender equality and reproductive health.

Women work effectively in their health, education, science, culture, art, industry and other fields, contributing immeasurably to the development of our country. The achievements of our women, who work in every field with their dedication and dedication and achieve high marks, are also significant. The sports industry in particular is no exception.

Today, the role of our female athletes in the life of society is incomparable. In world arenas, they also have a worthy contribution when the flag of our country is raised high, the anthem of our state is played by baralla.

Svetlana Osipova of Uzbekistan won the gold medal at the world championships in Mexico. She became the women's World Taekwondo champion for the first time in the history of Uzbekistan. In the over 73 kilograms category, Svetlana Osipova defeated Israeli Dana Arzan in the final. Prior to this, Dmitry Shokin became the first Uzbek athlete to win a world taekwondo title in the history of Uzbekistan at the 2015 World Championships in Chelyabinsk.



As all nations have their own ranking in the sport, each highly qualified athlete has their own ranking. In the world ranking, the fact that our athlete, who is one of the first in history through the sport of Taekwondo, is also a member of the girls' national team, is a clear example of the level of attention to women in New Uzbekistan. It is worth noting that in the world taekwondo athletes' rankings, our compatriot Charos Kayumova was the first athlete to win the championship.



The most gratifying aspect is the maturation of our junior athletic girls, who do not lag behind older athletes with higher scores. Uzbekistan won 10 medals at the Cadet World Taekwondo Championships. Gold medalist Laylo Hasanova was named the best female taekwondo practitioner of the tournament. The Uzbekistan team participated in the championship with 16 taekwondo fighters, and 10 of them won:

Gold – Laylo Hasanova

Silver – Dilmurod Ma'rufjonov

Bronze: Sofia Khan, Ahadjan Mukhtorov, Javohir Hidoyatov, Nigora A'zamjonova, Omina Ergasheva, Rozalina Tolibjanova, Ominakhon Kamolova, Mubina Bobasaidova.

Without a doubt, all this is the result of high attention and practical care in our country for the upbringing of the younger generation, the development of physical education and sports



The regular participation of women in mass sports competitions, compliance with the rules of a healthy lifestyle, forms them more tightly and strengthens their health. Regular exercise improves blood circulation, strengthens bones and muscles, and reduces the risk of developing chronic diseases such as diabetes and heart disease. Playing sports helps to form healthy habits that last throughout life.

At the same time, as the experience increases, they try to pay enough attention to the physical and spiritual upbringing of their children. Special attention is paid to the effectiveness of women's sports in our region through various competitions, competitions, tournaments, educational events. Achievements in sports, even at the amateur level, increase self-esteem and self-confidence. Sport helps to produce endorphins that improve mood and reduce stress and anxiety levels, and it is not for nothing that this is considered an important factor for every case of women. Support for women's sports makes it possible to identify and develop the talents of women who may be overlooked. The development of women's sports can bring economic benefits by increasing the productivity of both the sports industry and women's labor.

Sports bring people together, and women's sports develop a more inclusive society.

In conclusion, the focus on women's sports is not only equal opportunities, but also women's health, self-esteem and general well-being, as well as contributing to the development of a fair and inclusive society.

Historical works of state significance are being carried out in our country to strengthen the role and position of women in society.

The fact that it is our women who have a special place in selfless labor on the way to building a new Uzbekistan that is stepping on the third Renaissance, raises a sense of pride in the heart. After all, isn't it a blessing to live in a country where women are respected?!

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