

Uzbek transcript:

Bundan tashqari O'zbekistonda sportni o'rini yanada... yuksaltirish uchun turli xil sport o'yinlari, musobaqalar olib boriladi, masalan, universiada har ikki yil yo to'rt, manimcha har ikki yilda universiada sport musobaqalari o'tkaziladi, bu universiada sport musobaqalari faqatgina universitet talabarlari uchun, ya'ni yuqori ta'lim talabalari orasidagi musobaqa bo'lib, bu yerda turli sport turlari bo'yicha talabalar bellashadilar. Va bu O'zbekistonning turli viloyatlarida nishonlanib boriladi. Masalan, mana 2002 yilda Buxoroda o'tkazilgandi. Man ham o'sha yerda, endi man umuman sport bilan qiziqmaganim uchun albatta qatnashmaganman bu musobaqada, lekin bizayam, bizlar ham shu musobaqani tashkil qilishda ko'maklashganmiza. Undan tashqari hatto ma'lum bir, sportning ma'lum bir turi bilan shug'ullanmasa hamki, hamma harakat qiladi umuman sportga yaqinroq bo'lishga, ya'ni sog' tanda sog'lom aql deganlaridek, doim qanday desam, ma'lum bir sport bilan shug'ullanib turib, ya'ni so'glom turmush tarzini olib borishga hamma harakat qiladi. Ya'ni sharoitlar ham kundan-kunga, kundan-kunga yana yaxshilanib boryapti, Buxoroni o'zida, Buxoro, hatto bitta Buxoro shaxrini o'zini oladigan bo'lsak, juda ko'p sport zallar mavjud, juda ko'p to'garaklar mavjud, maktablarda bolalar dars, o'quvchilar darsdan tashqari turli sport to'garaklariga qatnashishlari mumkin, musobaqalarga qatnashishlari mumkin. Maktabdan tashqarida ham sport zallar mavjud bo'lib, sportning turli xillari bilan shug'ullanish mumkin. Umuman ota-onalarning munosabati ham sportga juda yaxshi, harakat qilishadi yoshlar sog'lom bo'lishi uchun bolalarini har xil sport to'garaklariga, to'garaklarga qo'yishga, shu to'garak. Bundan tashqari yana manimcha bolalarning uyda bekor o'tirganidan ko'ra, yoki doim televizor ostida o'tirib faqat televizor tomosha qilishlaridan ko'ra, manimcha ma'lum bir sport bilan shu gullanganlari yaxshi, ma'qulroq deb o'ylayman. Chunki sport nafaqat jismoniy sog'liqni, balki umuman ma'naviy jihatdan ham o'quvchilarga katta yordam beradi deb o'ylayman. Chunki sog' tanda so'g aql hozir aytib o'tganimdek, inson sog'lig'i juhatdan qandaydir kamchiliklarga ega bo'lsa, ma'nan, umuman inson ma'naviy juhatdan ham qiynala boshlaydi.

English translation:

Besides, in order to raise sports to even a higher level in Uzbekistan, different kinds of sports events, competitions are being organized. For example, *Universiada* is held every two or four years, I think. Every two years *Universiada* sport events are held. This *Univeriada* sport events is the competition among university students, students of higher educational institutions, and they compete in various kinds of sports. And it is held in different regions of Uzbekistan. For example, in 2002 it was in Bukhoro. I was there too. Well, I did not participate in the competitions. Since I was interested in sports, we helped to organize and run this event. Besides, even if they do not play any particular kind of sports, all the people try to be close to sports, as they say, "a healthy mind can be only in a healthy body". How can I say, they try to exercise, i.e. they try to keep up a healthy life style. And the conditions are getting better day by day. If we just take only Bukhoro,

there are a lot of gyms, sport programs, children at school. After school children can go to a lot of after school sport programs, participate in different competitions. There are gyms outside schools and one can do various kinds of sports. Parents' attitude towards sports is very good too. They try to send their kids to these after schools sport programs so that children could be healthy. Besides, in my opinion, it is good, much better, if children practice some sports instead of sitting at home and doing nothing, or watching TV all the time. Because, I think, sports are not good only for physical health, but help children a lot psychologically as well. Because as I said above, "a healthy mind can be only in a healthy body", if a person has some health problems, he will start suffering morally.

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