

USE OF RECREATION RESOURCES IN BESHARIQ COUNTY

Uchqunjon Valijonov Umidjon o'g'li
O'zbekiston milliy universiteti, Geografiya
(o'rganish obyekti bo'yicha) yo'nalishi I bosqich magistranti
E-mail: Sparkbek@gmail.com
Tel: 99-497-61-40

Annotation

The article provides information on the recreational resources and their use of the Beshariq district and focuses on the restrooms and their importance in the Beshariq district.

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Introduction

The Valley of Fergana is a land of paradise. Each of its territory, by its pleasant nature, gives a person a special joy. One of the most famous residences in our country by its unique nature is the "Stop of Uzbekistan" in Beshariq, or the Valley of Fargo, with its geological and morphological structure, serene mountains, the unique landscape of the river itself, and various relief forms. These aspects attract the attention of any visiting tourists and tourists. It is especially reflected in the pleasant nature of the district, the irreversible climate, its unique relief forms, and the wide range of opportunities for the development of tourism in rivers and streams. The district of Beshariq is recognized separately in the province of Fergana in terms of tourism.

Beshariq district is located in the western part of the Fergana region and was founded on September 29, 1926. It borders the districts of Uzbekistan and Furqat in the province of Fargo, Konibodom and Asht districts of Tajikistan. The center is the city of Beshariq. The region consisted mostly of high, sparsely wooded tablelands cut through by deep ravines. Its total area is 778 sq km. There are more than 275,000 inhabitants.

Experts have witnessed that the favorable conditions of the Beshariq district are very convenient for tourism development. In particular, getting acquainted with the coasts of Syrdarya, surrounding meadows, plants scattered in adjacent areas, skyscrapers, medicinal plants growing along the slopes of the mountains, tomatoes, natural forests, fisheries, protected animals, and various nature monuments does not leave not only our country but also foreign tourists indifferent.

The region consisted mostly of high, sparsely wooded reservations. For example, in the foothills of the mountains of Oloy, Turkmenistan, healing waters, kohna trees, beautiful reservoirs, and places of pilgrimage indicate that our country has a unique ecosystem. Scientific practical research into these resources to organize the efficient use of these resources for rest and treatment purposes is one of the most pressing issues. Currently, the field of recreation and tourism is growing rapidly in the region. Recreation and tourism facilities in the Beshariq district will be of particular importance in this regard. recreational activity is one of the main areas of tourism. Infrastructure of the territory plays an important role in the development and formation of this sphere. Today, a number of initiatives are also being undertaken in the Republic of Uzbekistan. A clear example of this is the adoption of our President's resolution of August 16, 2017, "On the first measures for the development of tourism

between 2018 and 2019." Joint resolution of the Ministry of Public Education of the Republic of Uzbekistan and the Ministry of Health of the Republic of Uzbekistan on February 24, 2017, "On Children's Health Rest", For more information, please contact the Treasurer's Office by writing to the address noted above or by telephoning (718) 560 - 7500. A number of tasks have been set out through laws and regulations, such as Resolution 186. When locating resorts and health facilities, the main recreation resources (climate, mineral water, mud) are looked at. This is natural, of course, because treatment-health facilities, their construction depend on natural healing resources. It is also necessary to take into account such aspects as their reserves, healing, convenient orographic conditions, and proximity to the transport routes.

The recreation opportunities of the Beshariq district are much higher in meeting the demand of residents of Fergana region for recreation, treatment, and tourism. Today, the construction of wellness facilities in the regions is being carried out extensively. Having a lot of sunny days, atmospheric well-being and high oxygenity, healing mineral water and mudslides require the creation of a system of balneologic, climatical resorts in restoring human health.

As a result, the efficient use of recreational resources will determine the economic and social development of some regions. All of the rest and treatment facilities available in Uzbekistan are registered. In such rest zones, it is possible to build sanatoriums that treat various diseases and increase their direction. Therefore, the use of existing mineral waters and the attractiveness of the natural landscape is one of the most important issues. The healing of mineral waters, the fact that they need to claim various diseases, requires the construction of climatous resorts.

An important type of recreational tourism is wellness tourism. First of all, this type of tourism is due to the desire to improve the health of the traveler. The tourist aims - to undergo health or rehabilitation procedures and events.

In the region of Fergana, sanatoriums and resorts, which are important in restoring public health and employment, are well developed compared to other regions. To illustrate: Imagine that a man who is walking on a street suddenly finds that it becomes two diverging paths. Water is highly concentrated sulfide, bromide, iodine, magnesium, hydrogen sulfide, moderately mineralized, chloride sodium, and the storage of sulfide does not leave treatment facilities located in other CIS countries.

"Five Springs" is a climatic resort, resting and wellness facility in the Beshariq district of Fergana region, located in the northern foothills of the mountain ranges of Oloy, Turkmenistan. It is located 15 km (15 km) from the center of the district and was founded in 1988. With its cool and unique nature, it encourages vacationers and healers. The resting and wellness facility, which incorporates modern architectural traditions, the abundance of air, sunlight, and the high level of ultraviolet radiation create favorable conditions for conducting climate profiling. The wellness and restroom has all the facilities, with rooms with two seats, cottages for family recreation specifically designed for our vacationers. In addition, the department of treatment diagnostics is equipped with modern medical equipment and provides a high level of medical services by qualified specialists.

The wellness facility consists of a total of 250 seats, and between 1,800 and 2,000 people take treatment preventive treatments from the "Five Springs" rest and treatment facility to meet their needs over the course of the year. The wellness facility also contains mineral water containing a variety of chemicals found in it. In this regard, the Commonwealth of Independent States indicates that countries do not have

such mineral water. This encourages not only local balmy region treatments of the treatment facility to be attracted.

In addition to local residents, healers from neighboring districts and provinces come to the "Five Springs" rest and treatment facility for treatment. In "Five Springs," April and May are the time when people begin to get crowded. Road infrastructure leading to a well-being facility causes difficulty in getting in cars because it is not well developed. People will visit the place not only to visit, but also to relax in the vicinity of cool nature and enjoy the landscape of the balloon nature. Recreants are also attracted by the abundance of charming archaeological sites and cool air and freshwater springs. The following measures are intended here to improve tourism and recreation and attract more people:

1. It is necessary to improve the quality of service, to organize electricity (even if it promotes the use of solar energy).
2. It is intended to build additional hotels or guest houses and organize car parks for local and remote arrivals to stay overnight at the wellness facility.
3. For those who come to treatment, it is required to establish areas of service.

Such activities, we think, will further increase the flow of tourists to the "Five Springs".

"Five springs" healing natural drinking water treats a number of organic and functional diseases - diabetes, diabetic nephropathy, liver and kidney disease, asthma, as well as gastrointestinal diseases. More than 60 elements contained in it, such as calcium, magnesium, sodium, potassium, iron, gold, silver, lithium, beryllium, aluminum, phosphorus, and chromium, will strengthen your body and help you to improve your immune system.

The facility provides ultrasonic tests, ECG, EXO doplerography, extensive band biochemical IFA tests, and treatment treatment services. Medical personnel surgically harvested a mature egg from her, placed it in a glass egg and fertilized it with her hands.

We can also say that high- and low-voltage tokens have been treated, computerized spinal cord, water treatments, Cedraw bottles, balm and paraffin ozone, terrenkur treatment, physical education, pools, hygienic phytolamlamas, and parchment.

The palace-style architecture of the sanatorium's main building, the magnificent garden created by nature, and the loving hands of the staff are a special pride in the wellness facility. Residential and medical buildings are located among the seasonal green plants in the vicinity of nature. The number of visitors is affected by the modern treatment-diagnostic base in the health facility, luxurious rooms of various categories, and gardens consisting of different trees. An "unhindered environment" was created in the sanatorium.

Here you are guaranteed a good rest and memorable impressions. An individual approach and compliance with international standards of hospitality are guarantees of your health.

In conclusion, given the foregoing and taking into account the regional recreation potential, special attention should be paid to the development of recreation. It is necessary to increase the focus on improving the infrastructure that serves the development of recreation. It is also important not only to attract private capital and investment but also to attract foreign investors and to intervene in organizations involved in the same area for the effective development of recreation. This is because it is necessary to protect recreation resources separately in the use of the existing capabilities of the province.

References

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