

## FROM THE HISTORY OF THOUGHTS ON YOUTH EDUCATION IN THE ANCIENT BOOK AVESTO

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**Annotation:** The article deals with the spiritual and material development of young people, the theoretical and practical significance of the ideas put forward in the "Avesto" in the process of educating young people today. The Avesto also focuses on the importance of a healthy lifestyle, the health of the offspring, the purity of the offspring, and the mental, moral, physical, spiritual, and spiritual upbringing of the offspring.

**Keywords:** Youth education, family, ancestral heritage, Zoroastrianism, education system, ecological problems, conservation of Mother Nature.

Thanks to independence, our cultural and spiritual values of the past are being restored, which shows that our ancestors had a high level of artistic and aesthetic thought. Take, for example, our only written memoir, the Avesto.

The Avesto expresses the idea of the perfection of the human person. Through the ideas of this work, we will gain important information about the natural, scientific, educational and social views of the peoples who lived in the territory of our country in ancient times. In addition to being religious in nature, the Avesto covers philosophical, political, philological, and educational issues.

In particular, the book "Avesto" pays great attention to the education of young people. From the time a child is young to the time of puberty, morality is recorded as a norm, which serves to make him or her a mature adult in the future.

In the book "Avesto" grief about the family, the emergence of a healthy generation, a healthy lifestyle for the birth of a perfect offspring, the health of the offspring, the purity of the offspring, its mental, moral, physical, spiritual, spiritual upbringing hitting is a priority.

The Avesto also addresses young people who want to get married. The young man, who was perfect in all respects, was chosen as a healthy girl of good stature and color, and his pedigree was questioned. Girls with black and white spots on their faces or skin defects were not chosen for the bride, and boys were not chosen for the groom, that is, according to Zoroastrianism, the wisdom of "equality" was followed. [1]

According to the Avesto's Vendidad, incest was not allowed. In addition, alcohol, drugs, and entertainment are prohibited for the birth of healthy offspring. [2]

Zoroastrianism emphasizes the upbringing of children, saying, "Education should be the most important pillar of life. It is necessary to bring up every young person in such a way that he rises to the highest level, first by learning good manners, and then by learning to read well and write well." From the earliest days of Zoroastrianism, schools were established in front of temples and priests developed their educational system. Our scientists F. Rasulova and A. Manuilova report on the implementation of the children's education system in the following order:

- a) Religious and moral education;
- b) Physical education;
- c) Learn to read and write. [3]

Religious upbringing of children mainly started from the age of 7 years. When the boys were 7 years old, they wore a "unique shirt" made of white silk with the participation of community elders, priests, and parents. Thus, in the education system, both teachers and students were required to wear a white silk robe and a belt made of silk of 72 different colors.

In his book Avesto, he also describes the teachers who educate the youth. Good teachers instill in young people a love for their religion, people and country, teach them to earn a living through honest work, purity, chastity, wishing only good to people, infect students with wise teachers, become a monument. 'lib remains. Almighty God praises teachers who have broken the teachings of Zoroaster, who are

known for their eloquence, diligence, responsibility and devotion to their knowledge and profession. [4]

In the book "Avesto" boys fight, water the horse, saddle, feed, breed and breed, wedding - care of horses, their management, grazing, protection of livestock from wild animals and robbers. to be able to use more than 50 military weapons to do so, it is an obligation to acquire skills, and military tasks such as riding and learning 32 military trades are assigned. The Avesto also focuses on girls. Girls are more serious about learning than boys. Because if they arrange and decorate the father's house in the house where they were born, when the couple goes to an honest house, the children should be engaged in the education of the next generation. Thus, in addition to spinning wool, weaving and spinning, weaving fabrics, sewing clothes, girls have the ability to wrestle with boys, ride horses, fencing and defend themselves from their opponents on the shield, spear. throwing, archery, crossing various obstacles and heights on horseback, swimming, long-distance running and other physical and military skills were mandatory. After that, at the age of 15 for girls and 16 for boys, they underwent a special examination in front of a team led by an elder. As a result, adolescent girls learned to live by "Kadbonu", which means housewife, and boys - "Kadhudo" - to be the head of the family, take a shepherd and ride a horse. those who won the right to push and ride camels. [5] According to the Avesto, in those days men had the right to have four wives. The men have been married since the age of 16. [6]

We also know that young people are being punished for polluting the environment. Conserving Mother Nature, they basically remind us of the 4 elements: the earth, fire, water, and air as sacred and not polluting them. Thus, the unique book Avesto teaches the younger generation that "man, throughout his life, is obliged to keep the earth, fire, water, and air clean and busy of all the good things in the world." The importance of the idea of "Everyone considers the land where he grew up as the best and most beautiful country" in the book "Avesto" is especially important in the spiritual and legal education of our youth.

There are also problems in the Avesto, such as ecology, conservation of Mother Nature, which our ancient ancestors paid great attention to the preservation of the environment. Careful treatment of the motherland and all its riches has always been in the center of attention, because our ancestors appreciated the processes of life and were extremely sensitive to the environment. At the same time, they felt a great responsibility. Preservation, care, care of the place, which was at a very high level in our ancestors, because of which they lived, lived, lived in general, was valued because of their love for this land. All the blessings were a gift from the earth to the people. The possessor of all blessings, the cause of human life, had a great respect for nature. Every cocaine was considered a miracle of God, a gift bestowed on people. The vegetation - the trees, the hills - the hills, the meadows - the meadows, the rocks, all - were considered as gifts from God to mankind and were treated with infinite respect. Those who fully understood the value of natural resources and acted accordingly. Those who fought for the purity of the air. The purity of the water is protected by law. The earth was revered for growing all kinds of plants and trees. [7] That is why every cocaine was in the memory of our ancestors, who revered it and sang hymns.

In short, the Avesto emphasizes that in the development of a person, his words, thoughts and deeds are virtuous and serve for the celebration of virtue. The idea of this moral trinity has been the basis for the formation of the content of all enlightenment works created from the earliest times to the later stages of the development of human society. [8] After all, it embodies certain requirements for the spiritual and material development of man as a human being, and as a code of life has become an important spiritual heritage not only of the peoples of the East, but also of the West. The fact that the issues covered in the play cover all aspects of social life has increased the theoretical and practical significance of Zoroaster's ideas, and their value is still high today.

We believe that it is important to instill in the minds of young people a sense of pride for the historical past, present and future of their country, to educate them in the spirit of national pride, respect for our national traditions and customs.

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