

# KNOWLEDGE IS A KEY FACTOR IN A HEALTHY LIFE

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## Abstract:

A well-educated person faithfully serves the rest of his life. Intelligent people do not have difficulty in life, and even in their hard-to-reach parts, they can rely on intelligence and choose the right path. Therefore, the most valuable thing in this bright world is intelligence, understanding, and discernment. The wise men did not say that if they wanted the wisdom of the world, you would find it in knowledge and know it well. The well-being of the family also depends on his knowledge.

**Keywords:** upbringing, environment, science, intelligence, tug, ma talent, knowledge status, knowledge arm, respect, prestige, honor, happiness, perfection, and patience with all the necessary things, wise men, world wisdom, individual activity, ecological factor, social environment, family relationships.

## Introduction

(Matthew 24:14; 28:19, 20) Jehovah's Witnesses would be pleased to discuss these answers with you. Achieving sustainable development, that is, the next generation of healthy, educated, knowledgeable, greatly depends on the role of women in raising children, their well-being.

(Matthew 24:14; 28:19, 20) Today, many decisions have been made and a number of initiatives are being undertaken.

The happiest people in the world are scientists and scholars. Studying science and leaving it to subsequent generations is carried out through the upbringing of children.

Parental knowledge is also given to subsequent generations through children. As shown in the parent system, the upbringing of the "First Generation Healthy Child" is important. Science takes a person from the bottom to the top, bringing him to the top.

Science is the sun in darkness.

A companion on the trip.

A guide in solitude,

A companion in a foreign land,

Leader in difficult times,

It is a weapon against the enemy.



Science is actually twofold; Knowledge and knowledge. Science is innatal, and knowledge is left-handed, which is the knowledge then studied by reading. Not everyone is born plundered. People who work tirelessly go far ahead of any innate talent. Therefore, parents also play a key role in awakening a child's love for knowledge from a young age. Those in the family need to love the book and set an example for the child in knowledge. You can think about science as follows: many things are sold in this world, each of which has its own price, but the price of deep knowledge gained is invaluable and continues to bring with patience all the necessary things respect, prestige, honor, happiness, perfection, and all that is needed.

A person faithfully serves the rest of his life. Intelligent people do not have difficulty in life, and even in their hard-to-reach parts, they can rely on intelligence and choose the right path. Therefore, the most valuable thing in this bright world is intelligence, understanding, and discernment. The wise men did not say that if they wanted the wisdom of the world, you would find it in knowledge and know it well. The well-being of the family also depends on his knowledge.

Factors that affect the health of the mother and child consist mainly of four parts, forming this system.

#### I. Personal activity:

1. In Israel.
- 2.Uddaburonlik.
- 3.Administrativecorlik.
4. Organism self-regulation.
5. Spiritual stability.

#### II.Ekologik omillar:

1. Fresh air.
  2. Clean water.
  3. Ecologically clean foods.
  4. Knowledge, unforgettable use of time.
  5. Engage in bodybuilding.
  6. Drinking, smoking, alcoholism.
  - 7.Guyohvandlik.
  8. The difference between the birth of children
- #### III. The relationship between those in and around the family:

- 1.Er –xotinng munosabati.
2. Relationship of family members.
3. The relationship between neighbors and neighbors.
4. Relationship of relatives.

#### IV. Social environment:

1. Attitude of those in the collective.
2. Salary.
3. Relationships with a poor economy.
4. Social protection.
5. Children's pension.



## 6. Older people's pension.

From what has been shown, it can be concluded that if a parent is well-educated, wise, well-educated, and well-educated in the family, their children will also be educated and will find their place in life, and then generations will be able to do so. They say, "The one who seeks to be full of knowledge," and if our philosophers seek knowledge, they will achieve great results, and they will have a happy, physical, spiritual, and intelligent health in life, and they will have a lifetime of life.

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