

**HEALTH FOR YOUNG PEOPLE IN KARAKALPAK FOLK PEDAGOGY
CONSERVATION TEACHING TRADITIONS**

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DOI: 10.5958/2249-7315.2022.00404.X

ABSTRACT

The past, history, customs, traditions of the people of Karakalpak are expressed in epics, proverbs, folk tales, and songs from the sources of folk pedagogy. Folk pedagogy is an integral part of the art of every nation, it embodies the thoughts and aspirations of the people and reflects their worldview, individual, family, and youth education. The role of folk pedagogy in the application of folk health traditions analyzed in the article to the process of youth education is considered special. Our people have always paid attention to health and spiritual vitality. In ancient times, our people lived close to nature, gathered experiences by studying the phenomena observed with the change of weather and seasons. He drew conclusions from his experiences.

KEYWORDS: *Tradition, Youth, Proverbs, Eating Methods, Camel Milk.*

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