



ЎЗБЕКISTON RESPUBLIKASI
OLIJ VA O'RTA MAXSUS
TALIM VAZIRLIGI



ЎЗБЕКISTON RESPUBLIKASI
INNOVATSION
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IQTIDORLI TALABALAR, MAGISTRANTLAR, TAYANCH
DOKTORANTLAR VA DOKTORANTLARNING

TAFAKKUR VA TALQIN

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MIQYOSIDAGI ILMYIY-AMALIY
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BUXORO DAVLAT UNIVERSITETI
MAGISTRATURA BO‘LIMI**

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Mazkur to'plamga kiritilgan maqolalar va tezislarning mazmuni, statistik ma'lumotlar hamda bildirilgan fikr va mulohazalarga mualliflarning o'zlari mas'uldirlar.

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SMOKING REDUCES LIFE

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Annotation. The article provides information on the history of tobacco, its spread and popularity, its negative impact on human health and its consequences

Key words: Tabakos, tobacco, gene pool, cancer, nicotine, ammonia, carbon monoxide, benzene, hemoglobin, carcinogenic.

Main part. The oldest miners in the world are the Indians living in North America, who called their long pipes "tabakos." X. Columbus sailors brought the plant to Spain in the 16th century under the name "tabakos". The plant later spread to France, England and the Netherlands. It is also rapidly spreading to Asian and African countries. In particular, Peter I distributed it to Russia despite the ban of the church staff, and built and launched the first tobacco factory in Russia. Today, tobacco can be found in almost every region of the globe. This is due to the fact that the number of people who use tobacco is growing day by day. Unfortunately, there are women and young children among them.

In order to prevent trafficking, strengthen human health, improve family reproductive health, raise the foundations of a healthy lifestyle, create a strong family foundation, ensure the perfect development of young people and grow up as highly educated, and protect the purity of the human gene pool Every year on May 31, the World Health Organization celebrates the Day of No Tobacco.

Regular use of tobacco products gradually limits the physical and mental state of the body and ultimately limits it. As a result, the internal environment of the body changes and the following diseases occur:

- Decreased memory;
- Premature hair loss;
- Decreased sense of smell;
- Eye diseases;
- Respiratory and digestive diseases;
- Heart disease;
- Sexual weakness;
- Cancer and other diseases;

Conclusion. Smoking is one of the most harmful habits, and scientific studies have shown that tobacco smoke contains 3,000-4,000 toxins. Of these, nicotine, ammonia, carbon monoxide, and benzene are toxic to all organs of the human body, including the respiratory system. For example, the carbon dioxide in tobacco smoke combines with the hemoglobin in the blood's red blood cells to disrupt the oxygen supply to organs such as the brain and heart. Tobacco smoke contains more than 50 carcinogens that can cause cancer. As a result, smokers are 20 times more likely to develop cancer than non-smokers. According to the World Health Organization, 1.2 million people die prematurely each year in Europe and 2.5 million to 4.0 million worldwide from smoking-related diseases. That number could reach 10 million in the future. Simply put, every 8-10 seconds, the number of smokers in the world decreases by one. 1 cigarette reduces life expectancy by 15 minutes, 20 cigarettes reduce life expectancy by 5 hours, 1 pack of cigarettes per day reduces life expectancy by 1 year to 3 months, 1 pack of cigarettes reduces life expectancy by 5 years, 40 years reduces the life expectancy of smokers by 10 years. Tobacco smoke contains 4,720 different chemicals, of which 200 are considered toxic and 60 are carcinogenic. Nicotine lowers the human immune system, damages the brain,

lungs and blood vessels. Tobacco is not only a cause of 20-30% of deaths and 30 types of diseases, but also financially harmful.

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DASTURIY TA'MINOT YARATISHDA AGILE YONDASHUVIDAN FOYDALANISH

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BuxDU Amaliy matematika va dasturlash texnologiyalari kafedrasini o'qituvchisi

Kalit so'zlar: Tizim, dasturiy ta'minot, xavfsizlik, Agile yondashuv, tezkor usullar, spetsifikatsiya.

Ключевые слова: Система, программное обеспечение, безопасность, Agile подход, быстрые методы, спецификация.

Keywords: System, software, security, Agile approach, quick methods, specification.

Hozirgi kunda korxonalar global, tez o'zgaruvchan muhitda ishlayapti. Ular yangi imkoniyatlar va bozorlarga, o'zgaruvchan iqtisodiy sharoitlarga va raqobatdosh mahsulot va xizmatlarning paydo bo'lishiga javob berishlari kerak. Dasturiy ta'minot deyarli barcha biznes operatsiyalarning bir qismidir, shuning uchun yangi imkoniyatlardan foydalanish va raqobatdosh bosimga javob berish uchun yangi dasturiy ta'minot tezda ishlab chiqiladi. Shuning uchun tezkor ishlab chiqish va yetkazib berish bugungi kunda ko'pincha dasturiy ta'minot tizimlari uchun eng muhim talab hisoblanadi. Darhaqiqat, ko'plab korxonalar kerakli dasturiy ta'minotni tezroq ishga tushirishga erishish uchun dasturiy ta'minot sifatini almashtirishga va talablarga javob berishga tayyor.