

Voices of the Aral Region

MAY 2025



Ekolog
Jamoat birlashmasi

O'EP
O'zbekiston Ekologik
partiyasi

**World Aral
Region Charity**



So'zboshi

Preface

2025-yil may oyida Janbasqaladagi 39- va 47-maktab o'quvchilari "Dunyo Orolbo'yi Xayriya Jamg'armasi", "Ekolog" jamoat birlashmasi va O'zbekiston Ekologik Harakati hamkorligida tashkil etilgan ekologik ogohlik dasturida ishtirok etdilar. O'quvchilar Orolbo'yida – cho'llanish chegarasida yashayotgan insonlar sifatida iqlim o'zgarishi haqidagi shaxsiy tajribalari asosida insholar va hikoyalar yozdilar.

In May 2025, students from Schools No. 39 and No. 47 in Janbasqala participated in an environmental awareness program organized in cooperation with the World Aral Region Charity Fund, "Ekolog" public association, and the Ecological Movement of Uzbekistan. As residents of the Aral region – living on the edge of desertification – the students wrote essays and stories based on their personal experiences with climate change.

Suv – Hayot Manbai

Gulsima Mambetjanova



So'nggi yillarda mahallamizda jiddiy muammo paydo bo'ldi.

Anhorlarimizda suv juda kam, ba'zida esa umuman kelmaydi. Ekinlarimiz suvsiz qoladi, yer keraklicha hosil bermaydi. Bu esa nafaqat dehqonchilik bilan shug'ullanuvchi oilalar, balki butun mahalla ahliga salbiy ta'sir ko'rsatmoqda.

Toza ichimlik suvlari ham juda kam. Hattoki, ko'pchilik uylarda vodoprovodlar yo'q. Har kuni suv tashib kelishga to'g'ri keladi. Qurg'oqchilik paytida havoda chang va tuzlar ko'payib, nafas olishni qiyinlashtiradi. Afsuski, bu holatga biz oxirgi 5-6 yil davomida o'z ko'zimiz bilan guvoh bo'lib kelmoqdamiz. Anhorlarda baliqlar o'lib qolganini ham ko'rganmiz – bu juda achinarli manzara.

Ba'zan suv kelganida esa elektr nasoslar yordamida ekinlarimizni sug'oramiz. Ammo bu doimiy yechim emas. Muammoning asl sababi – insonlarning o'zidir. Biz tabiatga zararkunanda kabi munosabatda bo'lamiz: daraxtlarni kesamiz, suvni isrof qilamiz, atrof-muhitga befarq bo'lamiz. Orol dengizining qurib qolganini eshitganmiz, bu

ham inson faoliyati natijasidir. Endi esa bu xatolar bizning hududimizga ham ta'sir qila boshladi. Shu sababli men barcha yurtdoshlarimizga murojaat qilmoqchiman:

Tabiatni asraylik! Daraxtlarni kesmaylik, balki ko'proq ekaylik. Suvdan tejamkorlik bilan foydalanaylik. Har bir tomchi suv – bu hayot demakdir. Uning har bir zarrachasini qadrlaylik.

Haqiqat shuki:

Tabiat bizziz yashay oladi, lekin biz tabiatsiz yashay olmaymiz. Suvni isrof qilmang! Uni asrash – bu o'zimizning kelajagimizni asrashdir.

Suvdan tejamkorlik bilan foydalanaylik. Har bir tomchi suv – bu hayot demakdir. Uning har bir zarrachasini qadrlaylik.



Tabiat bizziz yashay oladi, lekin biz tabiatsiz yashay olmaymiz.

Water – The Source of Life

Gulsima Mambetjanova

In recent years, a serious problem has emerged in our neighborhood.

There is very little water in our canals, and sometimes there is no water at all. Our crops are left without irrigation, and the land does not yield enough harvest. This affects not only farming families but also the entire community.

Clean drinking water is also very scarce. In fact, many houses do not even have running water. Every day, we have to carry water. During droughts, dust and salt fill the air, making it difficult to breathe. Sadly, we have been witnessing this situation for the past 5–6 years. We have even seen fish dying in the canals – a heartbreaking sight.

Use water wisely. Every drop of water means life. Let us value every single drop of it.



Nature can live without us, but we cannot live without nature.



Sometimes, when water finally does flow, we irrigate our crops with electric pumps. But this is not a permanent solution. The real cause of the problem is human activity. We treat nature like a pest: cutting down trees, wasting water, and showing indifference to the environment.

We have heard of the Aral Sea drying up, which is also the result of human actions. Now these mistakes are beginning to affect our region too. That is why I want to appeal to all my fellow citizens:

Protect nature! Do not cut down trees – plant more instead. Use water wisely. Every drop of water means life. Let us value every single drop of it.

The truth is:

Nature can live without us, but we cannot live without nature. Do not waste water! To protect it is to protect our own future.

Orol – So'ngan Umid, Yashayotgan Dard

Aysara Asharova



Amudaryo va Orol – bu nomlar shunchaki geografik joylar emas, balki butun bir tarix, hayot, og'riq va umid ramzidir. Bir paytlar Amudaryo bo'ylarida hayot qaynar, suv jilg'alari nafaqat dalalarni, balki insonlarning qalbini ham shod etar edi. Orol dengizi esa shu hayotning yuragi bo'lgan.

Kemalar suvda erkin suzar, bolalar suv bo'yida quvnab yugurar, baliqchilar esa tongni duolar bilan qarshi olar edi. Hammada bir xil tuyg'u bor edi – umid.

Biroq bugungi manzara tamoman boshqacha. Orol – qurigan. Uning o'rnida esa qum va tuzga to'la so'ngan umidlar qoldi. Har gal shamol yessa, qumli bo'ron ko'zni ham, ko'ngilni ham og'ritadi. Qachonlardir hayot manbai bo'lgan dengiz, endi eslatmaga aylangan – insonning tabiatga bo'lgan bee'tiborligi qanday fojeaga olib kelishi mumkinligining ochiq timsoli.

Bugun Orolning atrofi cho'lga aylangan. U yerda yorg'oq emas, chang yog'adi, suv emas, ko'z yoshlari oqadi. Menda esa doim bir savol: "Qanday qilib shunday bo'lib qoldi?"

Bu fojia faqat tabiat emas, balki insonning orzu-umidlarini, bolalarning quvonchini, baliqchilarning hayotini ham o'zi bilan olib ketdi. Orolning qurishidan keyin uning tubi keng bir qumli va tuzli cho'lga aylandi.

Buvayim har doim shunday der edilar: "2016 yilgacha suv yetarli edi. Hamma quvonar, odamlar suvni bag'rikenglik bilan qabul qilardi. Lekin keyin suv kamaydi, va biz tomonlarda ham suv kelishi sezilarli darajada ozaydi."

Eng ajablanarli jihati – o'sha yerda hali ham insonlar yashayapti. Ular hali ham Orol qayta tiklanishiga umid qilmoqda. Ular ishonishadi – Orol yana suvga to'ladi, hayot qayta jo'sh uradi. Bu umid menga ham o'tdi. Kelajak bizning qo'limizda! Agar biz tabiatga nisbatan mas'uliyatli bo'lsak, uni ehtiyot qilsak, yana Orolida hayot gullab-yashnaydi. Bu faqat Orol emas – biz, kelajak, bolalarimiz haqidagi qaror.

Suv – bu shunchaki daryo emas, u hayotning yuragidir. Uni asrash – hammamizning burchimiz!



Suv – bu shunchaki daryo emas, u hayotning yuragidir. Uni asrash – hammamizning burchimiz!

Aral – Faded Hope, Living Pain

Aysara Asharova

The Amu Darya and the Aral – these names are not just geographical locations, but symbols of an entire history, of life, pain, and hope. Once, life thrived along the banks of the Amu Darya; its flowing waters brought joy not only to the fields but also to people's hearts. The Aral Sea was the very heart of this life. Ships would glide freely across the water, children would run and laugh along the shore, and fishermen would greet the dawn with prayers. Everyone shared the same feeling – hope. But today, the scene is completely different. The Aral is gone. In its place lie sands and salt – remnants of dried-up hopes. Each time the wind blows, sandstorms hurt both the eyes and the soul. What was once a source of life has now become a reminder – a clear example of the tragedy that human neglect of nature can cause.

Today, the land around the Aral has turned into a desert. Instead of rain, dust falls; instead of water, tears flow. And I always carry one question within me: "How did it come to this?"



Water is not just a flowing river – it is the heart of life. Protecting it is our shared duty!



This tragedy has affected not only nature but also people's dreams, children's joy, and fishermen's livelihoods. After the Aral Sea dried up, its seabed became an endless desert of sand and salt.

My grandmother always said, "Until 2016, there was enough water. Everyone was happy; people welcomed water with gratitude. But then the flow of water decreased, and in our area, too, its flow dropped drastically."

The most remarkable thing is that people still live there. They still hope for the Aral Sea's restoration. They believe it will be filled with water again, and life will flourish once more.

That hope has been passed on to me as well. The future is in our hands! If we are responsible towards nature and protect it, life in the Aral region will bloom again. This is not just about the Aral region – it is about us, our future, and our children.

Water is not just a flowing river – it is the heart of life. Protecting it is our shared duty!

Daraxtlar kamaymoqda – bu hayotimizga tahdid solmoqda

Do'ndixon Arazdurdiyeva



So'nggi yillarda daraxtlar sonining kamayib borayotgani nafaqat ekologlar, balki oddiy fuqarolarni ham tashvishga solmoqda. Atrofimizdagi yashil makonlarning yo'qolib borayotgani sog'lom hayot tarziga, inson salomatligiga va butun tabiat muvozanatiga bevosita salbiy ta'sir ko'rsatadi.

Daraxtlarning kamayishi natijasida havodagi kislorod miqdori pasaymoqda, tabiiy soya va salqinlik yo'qalayotgani sababli esa chang-to'zon esa kundan-kunga ko'paygan. Bularning barchasi inson salomatligiga jiddiy xavf tug'dirmoqda. Shu bois, O'zbekistonda daraxtlarni asrash, ularni muhofaza qilish bo'yicha bir qator qonunlar va huquqiy tartiblar joriy etilgan.

Afsuski, ayrim hollarda bu qonunlar amalda yetarlicha e'tiborga olinmayapti. Mamlakatimizning turli hududlarida, xususan, mahallamizda ham bir necha bor daraxtlar kesildi. Yaqinda ariqlar o'tkazilishi munosabati bilan mahallamizdagi ko'plab daraxtlar yo'q qilindi. Natijada ko'chalarimiz chang-to'zon ostida qolib, yomon ahvolda qoldi. Soyali maskanlar yo'qolganligi sababli ayniqsa

jazirama yoz kunlarida bu holat juda keskin sezilmoqda.

Daraxtlarning kesilishiga ba'zan majburiy sabablar ham bo'ladi. Masalan, ba'zi daraxtlar qurib qoladi yoki qishda yoqilg'i yetishmovchiligi sababli kesishga to'g'ri keladi.

Bizning hududimizda hali ham tabiiy gaz mavjud emas, faqat suyultirilgan gazdan foydalanamiz. Shuning uchun ba'zan qishda oila a'zolarimiz daraxtlarni kesishga majbur bo'lishgan. Daraxtlarning qurishiga esa asosan ikki sabab bor: suv tanqisligi va zararkunandalar (qurt-qumursqalar). Ichimlik suvi ham mahallamizga sotib olinadi, daraxtlarni sug'orish esa qiyin kechadi.

Shunga qaramay, biz bu muammolarga qarshi kurashyapmiz. Har yili oila a'zolarim bilan birga qurigan daraxtlar o'rniga yangidan nihollar ekmoqdamiz. Ayniqsa, mevali daraxtlarga alohida e'tibor qaratmoqdamiz. O'rtacha har yili 10 ta daraxt ekyapmiz.

Uyimiz atrofida yana toza havo, salqin soya va tabiiy kislorod bo'lishini istaymiz. Shu sababli, barcha yurtdoshlarimizga murojaat qilmoqchiman: imkoningiz boricha uy atrofingizga, hovlingizga va jamoat joylariga daraxt eking. Mevali, manzarali, mahalliy sharoitga mos turlarni tanlashni maslahat beraman.

Afsuski, ayrim hollarda bu qonunlar amalda yetarlicha e'tiborga olinmayapti."

Trees are disappearing – this threatens our lives

Do'ndikhon Arazdurdieva

In recent years, the decline in the number of trees has alarmed not only ecologists but also ordinary citizens. The disappearance of green areas around us directly and negatively affects a healthy lifestyle, human health, and the balance of nature as a whole.

As the number of trees decreases, the amount of oxygen in the air is reduced, natural shade and coolness disappear, and dust storms become more frequent. All of this poses a serious threat to human health. For this reason, several laws and regulations have been introduced in Uzbekistan to protect and preserve trees.

Unfortunately, in some cases, these laws are not sufficiently enforced in practice. In various regions of the country, including in our neighborhood, trees have been cut down more than once. Recently, many trees in our neighborhood were destroyed due to the construction of irrigation canals. As a result, our streets were left covered with dust and in poor condition. The lack of shady places is especially noticeable during the hot summer days.



“Unfortunately, in some cases these laws are not sufficiently enforced in practice.”



Sometimes, it may be necessary to cut down trees. For example, some trees dry up, or in winter, due to fuel shortages, they have to be cut down. In our area, there is still no natural gas, and we only use liquefied gas. Therefore, in winter, some of our family members have had to cut down trees. The main reasons for trees drying up are water scarcity and pests (insects). Drinking water in our neighborhood has to be purchased, which makes watering trees very difficult.

Nevertheless, we keep fighting against these problems. Every year, together with my family, we plant new saplings to replace the dried-up trees. We pay special attention to fruit trees. On average, we plant 10 trees each year.

We want to have fresh air, cool shade, and natural oxygen around our home again. Therefore, I would like to appeal to all my fellow citizens - whenever possible, plant trees around your homes, in your yards, and in public places. I recommend choosing fruit, ornamental, and locally adapted species.

Yashil qalblar

Sabina Ibragimova



O'rmonlar – sayyoramizning o'pkasi. Daraxtlar zaharli gazlarni yutib, kislorod ajratib chiqaradi. Shu sababli, yashil zonalarining kamayishi havodagi kislorod miqdorining pasayib, karbonat angidrid gazining ko'payishiga olib keladi.

Daraxtlar kesilishining xavfi ¹ 18–19-asrlarda, sanoat va qishloq xo'jaligining kengayishi bilan tabiatga sezilarli darajada ziyon keltira boshlagan. Ayni damda O'zbekistonning ba'zi hududlarida havo ifloslanishi dolzarb muammoga aylangan. Unda nega o'zi daraxtlar kesiladi?

Bilamizki, sanoatda yog'ochdan mebellar va qog'ozlar ishlab chiqarishadi. Qishloq joylarida esa aholi uylarini qizdirish maqsadida daraxtlardan o'tin sifatida foydalanishadi. Afsuski, so'nggi paytlarda tevarak atrofimizga bir nazar soladigan bo'lsak, daraxtlarni kesish avj olganiga guvoh bo'lamiz.

Gazeta.uz sayti xabar berishicha, 2023-yilning 9 oyida daraxtlarni noqonuniy kesish bilan bog'liq 2 500 ga yaqin holat qayd etilgan. O'zbekistonda yanvar-sentabr oylarida daraxtlarning noqonuniy kesilishi bilan bog'liq 2 427 ta huquqbuzarlik

aniqlangan. Shuningdek, Qizil kitobga kiritilgan o'simliklar yig'ib olinishi va o'rmon fondi yer uchastkalarini ijaraga berib yuborish holatlari qayd etilmoqda.

Yuqoridagi muammolarga yechim sifatida Vazirlar Mahkamasining 2022-yil 22-avgustdagi 464-son qarori ² bilan daraxtlarni noqonuniy kesganlarga jarima jazosi belgilangan. Masalan, pavloniya daraxtini kesishgani uchun 8 250 000 so'm miqdorida jarima ³ undirilgan.

Bu kabi holatlar bo'lishi insonning ko'nglini bir hijil qiladi.

Agar har birimiz ham ona tabiat gullashiga o'z hissamizni qo'shsak, bu sonlar kamayishiga sababchi bo'lamiz. Axir, tabiat – hayotning yuragi. Uni asrash, kelajagimizni asrashdir.



Ayni damda O'zbekistonning ba'zi hududlarida havo ifloslanishi dolzarb muammoga aylangan.

Green Hearts

Sabina Ibragimova

Forests are the lungs of our planet. Trees absorb harmful gases and release oxygen. Therefore, the reduction of green zones leads to a decrease in the amount of oxygen in the air and an increase in carbon dioxide levels.

The danger of deforestation began to significantly affect nature in the 18th–19th centuries, when the expansion of industry and agriculture caused serious environmental damage. Today, air pollution has become an urgent issue in several regions of Uzbekistan. But why are trees being cut down at all?

We know that wood is used in industry to produce furniture and paper. In rural areas, people often use trees as firewood to heat their homes.

Unfortunately, in recent years, cutting trees has become increasingly widespread.

According to Gazeta.uz, nearly 2,500 cases of illegal tree cutting were recorded in the first nine months of 2023. From January to September, 2,427



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the heart of life —
protecting it
means protecting
our future.***

violations related to illegal logging were identified in Uzbekistan. Moreover, cases of collecting plant species listed in the Red Book and the leasing of forest land plots have also been reported.

To address these issues, Resolution No. 464 of the Cabinet of Ministers, dated August ² 22, 2022, established fines for illegal tree cutting. For example, cutting down a Paulownia tree can result in a fine of 8,250,000 soums. ³

Such incidents are truly disheartening. If each of us contributes to the flourishing of Mother Nature, the number of these violations will surely decrease. After all, nature is the heart of life — protecting it means protecting our future.



Today, air pollution has become an urgent issue in several regions of Uzbekistan.

Orol nolasi

Ma'rufa Aytbayeva



Bir paytlar Amudaryoning to'liqlari nafaqat yerga hayot baxsh etar, balki odamlarning qalbiga ham umid olib kelardi. Orol dengizi bo'yida hayot jo'sh urar: baliqchilar tongni duo bilan qarshi olar, bolalar quv nab o'ynar, kemalar esa dengiz bag'rida suzar edi. Orol biz uchun oddiy suv havzasi emas, balki hayot manbai edi.

Ma'lumotlarga ko'ra, ⁴ 1960-yillargacha Orol dunyodagi to'rtinchi yirik ko'l hisoblangan bo'lib, maydoni 68 ming kvadrat kilometr, suv hajmi esa 1 064 kub kilometr edi. Ammo 1960-yillardan boshlab Amudaryo va Sirdaryo suvlari paxta hamda boshqa ekin maydonlariga ko'p miqdorda yo'naltirilishi oqibatida dengiz quriy boshladi.

Bugun Orol qum bosgan sahroga aylandi. To'liqlar o'rnini to'zon, baliqchilar o'rnini esa sukunat egalladi. Dengizning qurishi nafaqat baliqchilar, balki minglab insonlarning orzulari va hayotini ham quritdi. Bu fojia tufayli ko'plab kasalliklar ko'paydi, tabiat va insonlar zarar ko'rdi, atrofdagi yerlar sho'rlanib, cho'lga aylandi. Bu hodisa bizga suvning qadriga yetish, tabiatni asrash naqadar muhimligini eslatadi.

Biz Orolni qaytarishimiz mumkin, bunga umid bor. Birgalikda harakat qilsak, dengiz yana avvalgidek to'liq uradi, hayot qaytadi. Umidimizni uzmaylik, chunki Orolni faqat bizning qo'limiz bilan saqlab qolish mumkin.

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Orol biz uchun oddiy suv havzasi emas, balki hayot manbai edi.

The Lament of the Aral

Marufa Aytbayeva

Once, the waves of the Amu Darya brought life not only to the land but also instilled hope in people's hearts. Life flourished along the shores of the Aral Sea: fishermen greeted the dawn with prayers, children played joyfully, and ships sailed across the waters. For us, the Aral was not just a body of water — it was the source of life.

According to sources ⁴, until the 1960s, the Aral was the world's fourth-largest lake, covering an area of 68,000 square kilometers and a water volume of 1,064 cubic kilometers. But in the beginning of the 1960s, the waters of the Amu Darya and Syr Darya were massively diverted to cotton and other agricultural fields, and the sea began to dry up.

Today, the Aral has turned into a sandy desert. Where there were once waves, now there are dust storms; where there were once fishermen, now there is silence. The drying of the sea has taken away not only the livelihoods of fishermen but also the dreams and lives of thousands of people.



We can bring the Aral back — there is hope. If we act together, the sea will rise again with waves, and life will return.

This tragedy has brought disease, harmed both nature and humans, and left the surrounding lands salinized and barren. It reminds us of the vital importance of valuing water and protecting the environment.

We can bring the Aral back — there is hope. If we act together, the sea will rise again with waves, and life will return. Let us not lose hope, because only through our hands can the Aral be saved.



For us, the Aral was not just a body of water — it was the source of life.

Suvning qadrin sahro biladi

Dinara Matrasulova



Suv – tiriklikning yuragi, tabiatning nafasi, insoniyatning eng katta boyligi. Agar suv bo'lmasa, biz "nima" qilamiz?

Yuvinmaymizmi?

Choy ichmaymizmi?

Nafas-chi, olmaymizmi?

Suv – tabiatning "kaprizi" emas, insoniyatning tayanchi. Ammo biz bu ne'matni "cheksiz resurs" deb o'ylab, o'zimizga o'zimiz qabr kovlayapmiz.

Bugungi kunda, ayniqsa Qoraqalpog'iston hududida, bu boylik tobora kamayyapti. 2025-2050-yillarda Amudaryo havzasida suv miqdori 15% gacha ⁵ kamayishi mumkin ekan. Statistika o'ylab, suv ichayotgan payt suv tomoqdan o'tmaydi.

Bu shunchaki ogohlantirish emas, bu allaqachon boshlangan muammo. Qishloqlarda bog' sug'orishga suv topilmaydi, ko'chadagi daraxtlar so'lyapti. Suv bizga kerak bo'lgan hayotiy resurs emas, u allaqachon inson e'tiborsizligidan aziyat chekayotgan "narsa"ga aylanib qoldi.

Bir paytlar Kaspiy, Yuqori va Viktoriyadan keyin jahondagi to'rtinchi yirik dengiz – Orol dengizi buning eng fojiali namunasi. Manbalarga ko'ra, ⁶ 1960-yillarda undagi suv hajmi 68,000 km² bo'lgan edi, 2010-yilga kelib atigi 13,900 km² bo'lib qoldi.

Endi-chi?

Sahro. Tuz. Chang.

Bu tragediya emas, bu ogohlantiruvchi sur'at.

Yashil makon? ⁷ Bu oddiy loyiha emas. Bu – niyat.

Nafas. Har bir ekilgan nihol kelajakdagi soya, salqinlik, hayot belgisi.

Suv – hayot. O'ylab ichib, o'ylab yashashlik shiorimiz bo'lishi kerak. Agar suv bo'lmasa, men, siz, biz bo'lmaymiz.

Suvni tejashni o'zingizdan boshlang – chekka-chekka ham yetib qishloqlarga keladi...



Qishloqlarda bog' sug'orishga suv topilmaydi, ko'chadagi daraxtlar so'lyapti.

Only the Desert Knows the True Value of Water

Dinara Matrasulova

Water is the heart of life, the breath of nature, and humanity's greatest treasure. If there is no water, what will we do?

No washing?

No tea?

No breathing?

Water is not a “whim of nature,” but the foundation of humanity. Yet, by treating this blessing as an “infinite resource, we are digging our own grave.

Today, especially in Karakalpakstan, this treasure is rapidly diminishing. Between 2025 and 2050, the amount of water in the Amu Darya basin may decrease by up to 15%. ⁵ When we think about this, even drinking a glass of water feels uneasy.

This is not just a warning; this is already a growing problem. In villages, there is no water to irrigate gardens, and trees along the streets are withering. Water is no longer seen as a vital resource; it has



In villages, there is no water to irrigate gardens, and trees along the streets are withering.



become something that suffers from human neglect.

Once, the Aral Sea, the fourth largest in the world after the Caspian, Superior, and Victoria, stood as a proud symbol of nature.

According to sources ⁶, in the 1960s its surface area was 68,000 km², but by 2010 it had shrunk to 13,900 km².

And now? Desert. Salt. Dust.

This is not just a tragedy – it is a warning in motion.

“Green Space” is not just a project. ⁷

It is an intention. A breath. Every planted tree is a symbol of shade, coolness, and life.

Water is life. Our motto should be: Think before you drink, think before you live. If there is no water, there will be no me, no you, no us.

Start saving water so that it may reach even the most distant villages.

Plastik chiqindilar — tabiatning sukunatdagi faryodi

Janil Ismailova



Zamonaviy dunyoda sanoat va texnologiya taraqqiyoti bilan birga chiqindilar hajmi ham keskin oshib bormoqda. Ayniqsa, plastik mahsulotlarning keng qo'llanilishi ularning atrof-muhitga va inson salomatligiga ta'sirini kuchaytirmoqda.

BMTning Atrof-muhit bo'yicha dasturi ⁸ bergan ma'lumotlarga ko'ra 2023-yilda dunyo bo'yicha 430 million tonnadan ortiq plastik ishlab chiqarilgan. Ushbu mahsulotlarning 50 foizi faqat bir marta ishlatiladigan plastikdan iborat bo'lib, ularning atigi 9 foizi qayta ishlaniladi. Qolgan qismi esa ko'pincha poligonlarga tashlanadi yoki atrof-muhitga to'g'ridan-to'g'ri chiqadi. So'nggi yillarda plastikning inson tanasiga ham ta'sir qilayotgani isbotlandi. 2022-yilda niderlandiyalik olimlar ⁹ inson qonida mikroplastik zarralarni aniqladi. Mikroplastiklar havo, suv va oziq-ovqat orqali tanaga kirib, yurak-qon tomir, endokrin va saraton kasalliklari xavfini oshirishi mumkin. Mikroplastiklar, gormonal buzilishlar va immun tizimiga ham salbiy ta'sir ko'rsatadi.

Xalqaro tajribalarga ko'ra dunyoning ko'plab mamlakatlari plastik muammosiga qarshi qat'iy

chora-tadbirlarni amalga oshirmoqda. Masalan, Keniya 2017-yilda plastik paketlarni taqiqladi. O'zbekistondagi holatga keladigan bo'lsak, O'zbekiston Respublikasi "Atrof-muhitni muhofaza qilish to'g'risida"gi qonunga asosan chiqindilarni boshqarish bo'yicha huquqiy asos yaratgan. Jinoyat kodeksining 91-moddasiga ko'ra, chiqindini noqonuniy joyga tashlaganlik uchun jismoniy shaxslarga 223 ming so'mgacha jarima belgilangan. 2020-yildan boshlab "Toza hudud" DUK plastik chiqindilarni yig'ish va saralash bo'yicha ishlarni boshlagan bo'lsa-da, aholining ekologik madaniyati hanuz past darajada qolmoqda. Plastikni alohida to'plash va qayta ishlash tizimi to'liq yo'lga qo'yilmagan.

Plastik chiqindilar bugungi kunda jahon miqyosida jiddiy ekologik muammoga aylangan. Ularning ko'payishi, parchalanmasligi va tirik mavjudotlarga salbiy ta'siri nafaqat tabiat, balki inson salomatligi uchun ham xavf tug'dirmoqda. Turli xalqaro tajribalar bu muammoni hal etishda qat'iyat va tizimli yondashuv zarurligini ko'rsatmoqda.



Aholining ekologik madaniyati hanuz past darajada qolmoqda. Plastikni alohida to'plash va qayta ishlash tizimi to'liq yo'lga qo'yilmagan.

Plastic Waste – The Silent Cry of Nature

Janil Ismailova

In today's world, with the development of industry and technology, the volume of waste is sharply increasing. The widespread use of plastic, in particular, is intensifying its impact on the environment and human health.

According to the United Nations Environment Programme ⁸, more than 430 million tons of plastic were produced worldwide in 2023. Half of these products are single-use items, and only 9% are recycled. The rest is often sent to landfills or directly released into the environment. In recent years, it has also been proven that plastic affects the human body. In 2022, Dutch scientists ⁹ discovered microplastic particles in human blood for the first time. Microplastics enter the body through air, water, and food, increasing the risk of cardiovascular, endocrine, and cancer diseases. They also have adverse effects on hormonal balance and the immune system.

International experience shows that many countries are taking strict measures against plastic



Environmental awareness amongst the general population remains low, and a full-fledged system for separate collection and recycling of plastics has not yet been established.



pollution.

Abroad, many countries are taking strict measures against plastic pollution. For example, in 2017, Kenya banned plastic bags. As for Uzbekistan, the Law of the Republic of Uzbekistan "On Environmental Protection" has created a legal framework for waste management. According to Article 91 of the Administrative Code, individuals who illegally dump waste may be fined up to 223,000 UZS. Since 2020, the state-owned enterprise Toza Hudud has started collecting and sorting plastic waste. However, environmental awareness amongst the general population remains low, and a full-fledged system for separate collection and recycling of plastics has not yet been established.

Plastic waste has now become a serious global environmental problem. Its increase, persistence, and harmful effects on living organisms pose a threat not only to nature but also to human health. International practice shows that determination and a systematic approach are essential in addressing this issue.

Qurg'oqchilik

Shirin Ibragimova



Oldinlari bizga suv to'lib-toshib kelar edi. Avvallari xech qanday texnikalarsiz ekinlarimizni sug'orar edik. So'ngi 4-yil ichida esa suv kamayib ketdi. Suv kamayishi oqibatida havomizdagi namlik kamaydi. 1950-1960-yillardan boshlab orol dengizi quriy boshlagan. Uning sababi Orol suvini ko'plab cho'l zo'nalariga yuborib yerlarni sug'orish bo'lgan. Orol sathini pasayishi 20-astni o'rtalarida boshlagan va suv hajmini 90% yo'qolib uyning o'rnini Orolqum cho'li paydo bo'lishi bn bog'liq. Orolni qurishi butun jamiyatga salbiy ta'sirini ko'rsatdi.

2023-yil suv juda kam keldi. Bu esa bizning ekan ekinlarimizni qurishiga olib keldi. Shu yili ko'plab ekinlarimiz qurib qoldi. Qolgan ekinlarimizni saqlab qolish maqsadida uydagi naso's va shlankalar yordamida sug'organmiz. Ba'zi qo'shnilarimiz esa chelak va boshqa idishlar yordamida sug'orishgan.

O'sha paytlarni eslash juda o'g'riqli. Hozirgi kunda odamlar tabiatimizga va ekalogiyamizga befarqlik bn qarashmoqda. Kun.uz ma'lumotlariga ko'ra O'zbekistonda suv tanqisligi o'rtacha 15-24% cho'llanish darajasi esa 123 mln kvadrat metrga

yetishi mumkin. Bu degani odamlar suvni isrof qilib kelajakda qanchadan-qancha odamlar qurg'oqchilikga duch kelishi mumkin.

Suv-tanqisligi va qurg'oqchilik bu tabiatga va insoniyatga yahfif soluvchi muammo bo'lib ularni hal etish faqat ongli yondashuv, resuslarni tejash va hamjihatlik bilangina hal etish mumkin. Shuning uchun suvni isrof qilmaylik va tabiatimizni asraylik. Bu bn biz yerni saqlab qola olamiz.

Suv-tanqisligi va qurg'oqchilik bu tabiatga va insoniyatga yahfif soluvchi muammo bo'lib ularni hal etish faqat ongli yondashuv, resuslarni tejash va hamjihatlik bilangina hal etish mumkin.



Suv-tanqisligi va qurg'oqchilik bu tabiatga va insoniyatga yahfif soluvchi muammo bo'lib ularni hal etish faqat ongli yondashuv, resuslarni tejash va hamjihatlik bilangina hal etish mumkin.

Drought

Shirin Ibragimova

In the past, we had plenty of water. We used to irrigate our crops without any machinery. However, in the last four years, the amount of water has significantly decreased. Due to the decrease in water, the humidity in our air has also declined.

Since the 1950s and 1960s, the Aral Sea has been drying up. This happened because water from the Aral Sea was diverted to many desert zones to irrigate the land. The water level started to drop around the mid-20th century, with about 90% of its volume lost, and the Aralkum desert formed in its place. The drying of the Aral Sea harmed the entire society.

In 2023, the water supply was very low. This caused our crops to dry out. Much of our crop died that year. To save the remaining harvest, we irrigated it using pumps and hoses at home. Some of our neighbors watered their crops using buckets and other containers.

Remembering those times is very painful.



if water continues to be wasted, many people will face drought in the future.



Water scarcity and drought harm both nature and humanity, and they can only be solved through conscious approaches, resource conservation, and solidarity

Nowadays, people are indifferent towards nature and ecology. According to Kun.uz, water scarcity in Uzbekistan averages between 15-24%, and desertification may reach up to 123 million square meters.

This means that if water continues to be wasted, many people will face drought in the future.

Water scarcity and drought harm both nature and humanity, and they can only be solved through conscious approaches, resource conservation, and solidarity. Therefore, let us not waste water and let us protect our nature. By doing so, we can save our land.

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