

Overcoming Spiritual Fear

On January 28, M. Mukhamedova, a psychologist of the Institute, conducted a training with first-year students of the Faculty of Humanities and Social Sciences on topic "Overcoming Spiritual Fear". Z. Yuldashev, a first-year student, volunteered to conduct a training on this topic. As usual the participants greeted each other by the "Spider Web" game, adding a nice nickname to their names. All participants took an active part in the game and were in high spirits. The next training session was called "Where do I Feel safe I'm There." The participants closed their eyes for 3-4 minutes and traveled to the world of fantasy, as Rumi said, "Close your eyes and let the eyes become a soul."



This relaxation training is designed to relieve physical and mental stress and enhance positive emotions. At the end of the training, a mini-questionnaire was taken from all participants in order to know their opinions about the training. The students were especially pleased with the participation of H. Eshova, Deputy Dean of the Faculty of Youth Affairs and M. Mukhamedova, Psychologist of the Institute. Z. Yuldashev, who coached the training, also gained self-confidence and the ability to manage excitement when giving public speech. In the next training, the first-year student of the faculty LM O.Umaraliev offered to coach.

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