

A smile is a source of great happiness

It is important to suggest that on June 3, 2021 the psychologist of the institute M. Mukhamedova organized an event, where she talked with the first-year students of the faculties of Mechanization of irrigation and drainage works and Power supply of agriculture and water management. There was held a round table discussion, which was devoted to the topic "Is everything all right with your nervous? " It is not a secret that in everyday life, we often hear the phrase "all diseases are due to the nervous system of any person." Indeed, any stress can have a profound effect on our mood and health. Nervous system disorders can be observed in many people. Especially during exams, we can observe the mood of nervousness and depression of students. During the event there was an opportunity to receive precious recommendation on how to increase stress tolerance in order to prevent nervous disorders, as well as essential information on the use of food, which can support in strengthening the nervous system. Besides that, the educator and teacher of the student dormitory № 3- D. Shukurullaeva took an active part in the working process of the round table, where there was a good chance to provide students with interesting information about the necessity of taking care of their nerves and gave examples from life experience.



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