

encouragement of the students to be more active

On February 6, at the initiative and suggestions of KSXET 105 - group students Satimbaev Sardor and Berdiev Elchinbek, Institute psychologist M.K. Mukhamedova conducted a training course aimed at uniting the group and identifying inner world of students in the group in the dormitory № 2. To increase activity of students the training course was led by Abdukodir Alimov, the 3rd year student of group 301 of KCM. Abdukadyr is one of our most inquisitive and active students. Currently Abdukadyr is engaged in singing, weaving flowers from beads, cooking, training and discovering new techniques. The training was attended by students of the 1st year of KSET 105 group. As always, the training started with introductions. The participants were handed round cards. The whole card was handed to the first participant and he/she passed it on to his/her partner, writing down the name of each participant and his/her good characteristics in sequence. The result is a set of definitions given to each other by the group members. This training aims to determine how well the group members know each other and how they relate to each other. The next activity is called 'Our Indoor Garden', in which participants can sit down as comfortably as possible to the sounds of soft music, relax, close their eyes and express their inner world in the form of a beautiful garden. Imagination is given. This activity is designed to explore the inner world and interests of the group participants, their subconscious thoughts.



The last session was called "Wishes" and each participant was asked to write a short wish on a piece of paper and place it in a box. After mixing, the participants were asked to take the wish out of the box at random. Each participant read out the "wishes" received from the box and left them as a memento of our meeting. The participants were very happy with the sincere "wishes". The event coach said: "You all did well today. You all participated actively in our training today. Thank you all. Let's thank each other". The training was not only a lot of fun for the participants, but also helped them to become more active.