

Psyrythmic Course

On April 8, a psychorhythmic course was organized in the second students' dormitory. This circle is conducted by pedagogue and psychologist Sagdullayeva Dilorom. Psychology - Rhythmic Therapy. At present, psychology has also been set up for psychotherapy. As a result of mental illness, grief, anxiety, and frustration that are left behind in the mind. In all systems respiration, heart rate accelerates: attention, memory, thinking process activates. Person's movements are beautiful. In the West, DSP has been instrumental in helping children cope with cerebral palsy.

It was very helpful in treating diarrhea and neurological diseases. Every hour a day you have to deal with psychology. Psycho-types, such as ayrobika, tango, breaks, Bollywood dances, classic and classical songs, our national dances like lazgi, Andijan polka. Individuals who are engaged in psychology develop endorphin hormones that help them to extend their life and increase their flexibility. Psychotherapy is held twice a week on Monday and Friday at the 2nd Student Dormitory.



Report by D.Sagdullayeva, a pedagogue-psychologist

R.Jumaniyozov, the press secretary of the institute