

The secret key to happiness

On February 12, the Institute Psychologist M.K. Mukhamedova conducted a training on "The secret of happiness." The event was attended by students of HM, MHW, OMWR, ESAWR faculties. At the event, Munira Abdullaeva, a second-year student at OMWR, conducted the training in order to strengthen her activism, eloquence and self-confidence. The event included a "Introduction" training aimed at increasing the ingenuity and vocabulary of female students. All participants actively participated in the introductory training. Especially Mavluda, a first-year student of HM, Munira, a second-year student of OMWR, and Charos, a first-year student of MHW, took an active part in the training and demonstrated their vocabulary. The girls said that they not only learned how to speak, but also mastered the art of sewing, knitting and cooking, and are able to share their knowledge. This idea is very popular among the girls who want to spend their free time meaningfully. Munira began the next lesson with the words of the famous writer Lev Tolstoy, "All happy people are alike," and continued with the descriptions of modern psychologists. Here are 15 secrets of happiness. And each secret was discussed separately and the participants were given a full understanding.



Then she asked the girls, "Are you happy ...?" Forms for a psychological survey on the topic were distributed. What makes a person happy? "What is happiness?". The answers of the survey were discussed. Afterwards, participants were taught how to set "Positive Psychological Settings" .



N. Isakulova, a teacher of SD No.4, and all female students took an active part in the event. The 1st year student of MHW Tokhirova Charos and HM 1st year student AKhmadova MoKhinur volunteered to conduct the next training.

Information of Psychologist of TIAME M.K.Mukhamedova

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