

A healthy lifestyle

On December 11, 2020, to carry out psychological and psycho-preventive work with students living in student dormitory No. 2, the psychologist of the institute M.K. Mukhamedova and educator-teacher N. Khalikova organized a round table discussion on the topic "The process of adaptation of girls-students to the hostel", "Introduction of a healthy lifestyle." At the beginning of the event, the psychologist of the institute M.K. Mukhamedova conducted an orientation training with students. Each participant was asked to choose one adjective to the first letter of her name. All participants actively took part in the training. The psychologist explained that all students must follow the rules of hygiene. As a famous saying: "A healthy mind in a healthy body."



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