

## Landscapes of the soul

On October 19, 2019, in a student dormitory No. 2, on the initiative of an educator, psychologist Dilorom Sagdullaeva, a meeting of students with a professional psychologist Makhmud Ergashev took place. Under his leadership, psychological trainings were held with students on the topic "Understand yourself", "Problems and their elimination". At the end of the event he gave students the necessary recommendations.

Psychological trainings are aimed, first of all, on personality development, on the formation of effective communication skills, the development of interpersonal interaction skills. Psychological exercises help to better know yourself, to see your strengths and weaknesses, to outline the path of the nearest development. Another important task of psychological exercises is to learn to better understand other people, it is easier to negotiate with them.

The event was attended by deputy dean of the faculty of Hydraulic Engineering A.Azimov, deputy dean of the faculty of Mechanization of Irrigation and Reclamation Work O. Ruziboev and faculty students.



Information of the educator- psychologist Dilorom Sagdullaeva.

Press Secretary of the institute Rakhimboy Djumaniyazov.