

Training is a gymnasium of the mind and intellect

On January 22, M. Mukhamedova, a psychologist of the institute, conducted a training session with the participation of female students on topic "My motto in life". The training was attended by girls from the faculty of OMWR, AM, LM and librarians of SD, Sobirova.D, M. Nazarova, teacher-educator of SD A. Hayitova, Dean of the LM Faculty Sh. Narbaev, a member of the Women's Council of the Faculty O. Rozikulova. The training as usual started with "Greeting" activity. This time the acquaintance was made using a ball. Each participant says his / her name and character and throws a ball to the participant he / she wants to meet. This training helps to build a warm relationship between participants who do not know each other, eliminating feelings of shyness. "My motto in life" is a motivating slogan that can always help participants move forward in life, find strength and energy, and build confidence in the future.



The "Sun" training aims to increase the participants' self-confidence and self-esteem. Sunny emoticons were distributed to each participant. Participants were instructed to write down the positive qualities of their characters in the sunlight. All participants took an active part in the training. Especially Abdumalikova Mukhlisa, 2nd year student of OMWR faculty, Utemuratova Asem, 1st year student of OMWR, Murtozaeva Olima, 1st year student of OMWR, Fakhriddinova Tursunoy, 1st year student of LM, Kengeshova Sevara, 1st year student of LM faculty and Eshkulova, 1st year student of LM faculty. At the end of the training, a mini-questionnaire was held on the training sessions. According to the results of the survey, all participants liked the training, and in order to increase the activity of students in the next training, the session ended with the offer by Abdumalikova Mukhlisa, a second-year student of OMWR faculty to be a coach.

Press service of TIAME