

## 'The secret of the happiness'

On May 27, 2021 with the junior year students living in the student dormitory #1 of the Faculty of Land Management Institute psychologist M.K. Mukhamedova held an event dedicated to "The Secret of Happiness". Deputy Dean of Youth Affairs H. Eshova also participated in the event. Psychological trainings such as "My happy day", "Calendar of achievements" were used. The following questions were discussed: What makes you feel happy? What do you need to wake up and go to sleep happy? What do you already have in your life for happiness, and what is still missing? To what extent does happiness depend on external conditions and to what extent does it depend on your inner state?



The press-service of TIAME.