



On April 21-23, training on “Stress Management and Modern Psycho-technologies” was held at Sokhumi State University. Training was organized by the Research Institute of Psychology and Sociology, which is functioning on the basis of the University. Participants – 12 students of Bachelor’s and Master’s programs - highly appreciated importance of the Training. “It was very interesting and useful. In a present-day life it is very important to know the methods of dealing with stress. I think it is necessary to continue trainings in the future - said the Dean of the Faculty of Social and Political Sciences, Professor Elguja Kavtaradze.