FOCUS ON DEVELOPING PERSONALITY

MJKPS organised a workshop on 'Personality Development' on 25th August '17 in the amphitheatre. The main objective of the workshop was to familiarize the participants with the emerging ideas and trends on development of one's personality .The workshop was conducted by Mr. Sabrish Kumar, the resource person from The Hindustan Times who started the workshop with a very creative introductory session, where students had to introduce themselves in a novel way. They had to either mention an adjective or a symbol which best describes them. It was an enjoyable ice-breaking exercise. It was followed by a motivational PowerPoint presentation that highlighted tips on how to increase their self-esteem. They were also encouraged to be optimistic and to have a positive approach about everything in life. Most importantly, it was emphasized that they should love themselves and never lose confidence. They must persist to pursue their dreams regardless of what may happen and not succumb to the negativity around them. To sum up, it was a well thought-out workshop of motivating the students to discover themselves.