



THE BISHOP'S CO-ED SCHOOL, UNDRI (JUNIOR COLLEGE)

REPORT ON PERSONALITY DEVELOPMENT WORKSHOP

"Knowing yourself is the beginning of all wisdom."

On 20th September 2023 a Personality Development Workshop was conducted at Junior College of The Bishop's Co-Ed School, Undri for the students. The workshop was conducted by the illustrious guest speaker, Mrs. Akansha Joshi the co-founder of KRIYA Whiz. Mrs. Joshi, an educator, executive trainer and personal development coach, formidably wires various skills in students which aid in developing a holistic personality.

The Personality Development Workshop was a significant event that aimed to enhance students' personal and professional growth by focusing on various aspects of personality development. It began with self-assessment exercises, helping participants gain a deeper understanding of their strengths and areas for improvement. Effective communication was a focal point, verbal and non-verbal communication, active listening, and assertiveness were strongly addressed. Confidence Building was the cynosure of the workshop. Strategies for boosting self-confidence and overcoming self-doubt were discussed methodically. Students learned time management techniques to improve productivity and reduce stress.

Students were encouraged both, to pose their questions and also clear their doubts. The key takeaways included improved self-awareness, enhanced communication skills, and increased confidence. The workshop provided students with practical tools and knowledge to foster personal growth and development.

This workshop has undoubtedly left a positive impact on the students, equipping them with valuable skills and insights for their journey of personal development. The resounding success of the workshop was by the dint of the exemplary guest speaker, Mrs. Joshi.

Personality development is an ongoing journey that involves a combination of nature and nurture, encompassing various components and. Recognizing its significance and actively working on personal growth can lead to a more fulfilling and successful life. To understand the intricacies of personality development and following practical tips, KRIYA Whiz (www.kriyawhiz.com) can be contacted who assist individuals to embark on a path of self-improvement, fostering better relationships, and achieving their goals.

Mrs. Maitri Khan



THE ILLUSTRIOUS GUEST SPEAKER – MRS. AKANSHA JOSHI



THE ANCHORS



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