



ST FRANCIS DE SALES COLLEGE

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Title	Skill Development: Self-Development and its Importance.
Date of Event(s)	6/6/23
Department / Association	COMMERCE
Venue	302,303,304,305,409
Number of Participants	260
Target Audience	B.COM STUDENTS
Resource Person(s) with qualification	Prof. Jeseentha Mathew, Prof.Mohana, Prof.Nagarathna, Prof.Deepashree, Prof.Sandhya, Prof.Ronita

Skill development classes were conducted for 2nd year students to understand the concept of self-development and its importance. The classes were conducted by the class coordinators.

Objectives:

- Introduce students to the concept and importance of self-development in personal and professional contexts.
- Provide practical strategies and techniques for self-improvement, goal setting, and self-motivation.
- Promote self-awareness and emotional intelligence to enhance interpersonal relationships.
- Encourage students to take ownership of their personal growth and lifelong learning

Introduction to Self-Development

- Explanation of self-development and its significance in personal and professional success.
- Overview of the benefits of self-awareness, continuous learning, and self-motivation.
- Discussion on the importance of setting meaningful goals and prioritizing personal growth.

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Self-Awareness and Emotional Intelligence

- Exploration of self-awareness as the foundation of personal development.
- Introduction to emotional intelligence and its role in managing emotions, building relationships, and making informed decisions.
- Practical exercises and reflection activities to enhance self-awareness and emotional intelligence.

Goal Setting and Action Planning

- Guidance on setting SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals.
- Strategies for creating action plans and breaking down goals into actionable steps.
- Encouragement for students to set both short-term and long-term goals in various aspects of their lives.

Self-Motivation and Positive Mindset

- Discussion on cultivating self-motivation and maintaining a positive mindset.
- Exploration of techniques such as visualization, affirmations, and overcoming self-doubt.
- Sharing strategies for managing setbacks, developing resilience, and staying motivated during challenging times.

Continuous Learning and Skill Development

- Emphasizing the importance of lifelong learning and skill development.
- Encouraging students to explore new areas of interest, engage in extracurricular activities, and pursue personal passions.
- Introducing resources and platforms for self-directed learning, such as online courses, books, or workshops.

Reflection and Personal Growth

- Allocating time for students to reflect on their personal growth journeys and identify areas for improvement.

- Guiding students in developing personalized action plans for their self-development.
- Encouraging students to seek support from mentors, counselors, or resources available within the organization or school.

Conclusion:

The session on self-development provided students with valuable insights, strategies, and tools to foster personal growth, self-awareness, and self-improvement. By emphasizing self-awareness, goal setting, self-motivation, and continuous learning, the session aimed to empower students to take ownership of their personal growth and pursue excellence in all areas of their lives.

Overall, the session aimed to inspire and equip students with the knowledge and skills necessary for personal growth and success. I believe that the concepts and techniques shared during the session will contribute to their personal and professional development.

Report Prepared by:

Keerthana 

COORDINATOR

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