

**WORKSHOP ON  
UNDERSTANDING SELF & IDENTIFICATION OF PERSONAL  
SKILLS  
29<sup>TH</sup> AUGUST 2018**

Gitarattan International Business School organized PD workshop on 29<sup>th</sup> August 2018. The theme of the workshop was “**Understanding Self & Identification of Personal Skills**”. The objective of the workshop was to enhance and groom one’s outer and inner self to bring about a positive change to his/her life. The guest speaker for the session was **Dr. Runa Maitra, Founder of People Talent International & Corporate Education Evangelist.**



She started the session with an emphasis on the importance of name and uniqueness of one’s identity. She continuously kept boosting and enhancing student’s confidence during the session and discussed the importance of improving communication and language speaking abilities, expanding the boundaries

of thinking and knowledge, developing new hobbies or skills, adding style and elegance to the personality, looks, talks and walks, adopting fine etiquettes and manners and overall knitting of oneself with positivity, vigor, liveliness and peace.

She presented a video in which it was shown that the cognitive abilities of a person are the most perceptive and whatever an individual observes or perceives during his/her childhood becomes an integral part of his/her personality. Dr. Maitra told the students that there must not be a place of negativity in an individual's personality, one must be happy with oneself.

She conducted two activities during the session. In first activity, she asked 10 students to come forward and tell the good qualities of other 9 people on the stage and after that every student was asked to tell their own good qualities. Through this activity she delivered an important message that one better knows about his/her qualities than others, therefore, one should start working on his/her traits. In another activity, she asked 4 students to tell their strengths & weaknesses one by one. Here, she gave them a key to develop a good personality by saying: **“Know your strength, know your weakness, but play on your strength”**.

Dr. Maitra provided some important tips to enhance & boost their confidence to achieve good personality. At the end, she focused on the point that personality development cannot happen in a day. It happens over time. There are multiple characteristics which need to be worked out while developing one's personality. Personality development is the process of developing a set of characteristics and traits which contribute to the overall personality of a person.

The audience was highly enthralled and inspired by Dr. Runa Maitra words of wisdom. Prof. Dr. A. K. Ghosh, giBS ended the session by felicitating our guest with a token of appreciation in the form of momento.

**Prepared by: Ashu Dhiman, Assistant Professor**