

**WORKSHOP ON
UNDERSTANDING SELF & IDENTIFICATION OF PERSONAL
SKILLS
11 SEPTEMBER 2018**

Gitarattan International Business School organized a workshop on 11th September, 2018 for BBA first semester students. The theme of the workshop was “**Understanding Self & Identification of Personal Skills**”. The objective of the workshop was to enhance the overall personality of the students so that they can face the challenges in their competitive professional life with value based approach. The guest speaker for the session was **Dr. Runa Maitra, Founder of People Talent International & Corporate Education Evangelist.**



She explained that human beings are complex and diverse. To become more self-aware, students should develop an understanding of themselves in many areas. Key areas for self-awareness include their personality traits, personal values, habits, and the psychological needs that drive their behaviors. The psychological study of self concept and its development has a long tradition. It is assumed to be an important factor for an individual because it can change the belief, faith, attitude and reaction towards personal & social life. Self identification as a distinct object is first step in the development and advance of self concept. In fact, it is the total of opinions that individual has about him or her.

She presented a video which showcased that the cognitive abilities of a person were most perceptive and whatever an individual observes or perceives during his/her childhood becomes an integral part of his/her personality. Dr. Maitra emphasized on doing away with negativity in an individual's personality; one must be happy with oneself.

Subsequently two activities ensued, each orchestrated by Dr. Maitra. In the first activity she called ten students on stage and asked them to tell the good qualities of other nine people present there and thereafter every student was asked to tell their own good qualities. Through this activity, she delivered an important message that the one best equipped to tell about one's quality is the person himself or herself. Therefore, one should start working on his/her traits. In another activity, she tasked the students by asking them 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 indispensable tips to enhance & boost students' confidence to achieve good personality. At the end of the session, she stressed that self-awareness is an essential first step towards maximizing professional skills. Self-awareness can improve their judgment and help them to identify opportunities for professional development and personal growth. Personality development is the process of developing a set of characteristics and traits which ultimately contribute to the overall personality of a person.

The audience was highly enthralled and inspired by Dr. Runa Maitra's words of wisdom.

Prof. B.S.Hothi, Director, ended the session by felicitating our guest with a token of appreciation in the form of memento.

Prepared by: Jyoti Saini, Assistant Professor