

Personality Development Workshop

Positive Attitude Building

On

15th December, 2022

Gitarattan International Business School organized an online Personality Development Workshop on 15th December 2022 for the students of MBA and MBA (International Business) 1st semester. The theme of the workshop was “Positive Attitude Building”. The event aimed to discuss how college students can evolve positivity in their personality with different self-management techniques. The invited resource person for the workshop was Dr. Shalini Sharma, who is Dean - Outreach and Student Welfare (OSW), and Associate Professor at GNIOT Institute of Management Studies (GIMS)



Dr. Shalini sharma initiated the session by addressing the main objectives which were Personality Development, Stress Management, Positive Attitude and Optimism Behavior. She continued the session by asking "What are the expectations of humans regarding the tendency of human personality?" Furthermore she differentiated the two aspects of Personality which were Emotion and Behaviour. The major difference between these two were like, the Emotion could be identified by happiness, excitement/enthusiasm and contentment/satisfaction. On the other hand the Behaviour could be identified by kindness, focuses and helping others (an act of kindness). To add on to this Dr. Shalini Sharma made students understand the real significance of Negativity, which can be addressed by peer pressure and down syndrome, further she told them to have a deep thinking and try to find the answer of 'what is next'. To fulfill the objectives she involved the students in discussion on various concepts like Declutter, Self talk, Expect less, Self responsibility, Identify areas of change ,Be open to humor and Healthy lifestyle. To conclude these points she mentioned that 'Take life easily, don't stress out'. Further Dr. Shalini Sharma put a light on the two aspects of personality like chunk up and chunk down. She further conclude the session with a video of penguins to spread the positivity that focused onto how we see things makes us happy or makes us feel sad. The session was extremely fruitful and intellectual as students were able to obtain and develop a lot of knowledge and positivity. Dr. Shalini Sharma further inspired students motivated them to be grateful to every aspect of life.

PREPARED BY: Tinu Anand

FLYER OF THE EVENT



giBS

Gitarattan International Business School
Grade 'A' Accredited by NAAC

**PERSONALITY DEVELOPMENT
WORKSHOP ON**

Positive Attitude Building

For MBA & MBA IB (1st Semester)

15 Dec

10:30 am to
12:30 pm

Dr. Shalini Sharma
Dean – Outreach and
Student Welfare (OSW),
Associate Professor, GNIOT

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| TYPE OF EVENT <i>(PDW/ Seminar/ Jurist Day/ Annual Event /ALS/ PLS/ Co-curricular etc.)</i> | PDW |
| VENUE | Seminar Room (First Floor) |
| TIME & DURATION | 10:30 AM – 12:30 PM onwards |

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| CONDUCTED BY <i>(eg .CLS-GIBS, IIC, Club, IIPC etc.)</i> | IIPC |
| ORGANISED FOR <i>(Course Name & Semester)</i> | All Students (MBA and MBA – IB) Second Semester |
| NAME OF THE COORDINATOR | Ms Tinu Anand |
| ATTENDANCE | 67 |
| RESOURCE PERSON <i>(Name of the Resource Person, Designation, Organization)</i> | Dr Shalini Sharma Dean –Outreach and Student Welfare(OSW), Associate Professor (GNIOT) |
| OBJECTIVES OF THE EVENT | 1. To develop a positive self – image 2. To build positive relationships at workplace and personal life. |
| LEARNING OUTCOME | Students were able to understand that how to tune mind in order to practice and enhance positive thinking. |
| LINK OF YOUTUBE VIDEO | https://www.youtube.com/watch?v=IxPeLhBISe8 |