

## Report of the Event

It was an interdisciplinary program having students from psychology and Philosophy department along with few students from other colleges as well. In all 27 students were part of this 30 hrs short term course . This course was designed such that students would have guidance to take initial steps towards living a more fulfilling life in career and personal life. They learnt about mindset and its daily life applications. They realize the importance of a growth mindset and how it can help in life and career. This course not only focuses on hurdles and challenges faced in getting happiness, success, prosperity and leadership but also provides tools to our students so that they can overcome these roadblocks. It was a highly interactive course, focused on experience and not just theory. There were 5 modules focused on understanding the current mindset and learning different techniques to change the mindset wherever required. After end of every module, the students were assessed by quiz or written test and graded as well.

The concepts were wisely chosen by Ms. Shalini. Her style of teaching was according to students' needs and capabilities. The classes were entirely based on activities, experience sharing and real life stories , group interactions, role plays and zoom breakout discussions . Students were asked to maintain a journal and assess and understand their own strength , maximizing their core strength and working on their weakness.