

## **PROGRAMME ON 'SELF' FOR STUDENTS**

An awareness programme on 'Self' was conducted for the students on 9.11.2019 from 9.15am to 1.00pm. Mrs. Jemmy, Assistant Professor, WCC, Chennai was the resource person. There were a total of 150 students from I year B.Ed and M.Ed. She initially discussed the dress code of girls and how each one should speak boldly and dress modestly. She spoke about some basics of girls' psychology. She then continued the session of understanding self by doing an activity. Then into a deeper understanding of others, she moved on to another activity wherein she handed over a sheet which consisted of some rare characteristics. After the task got completed, she discussed the rare characteristics and encouraged the students who have those characteristics. Then there was a common discussion on strengths and weaknesses of one self. Lastly she gave a self worth cup and some small sheets as home activity to write down our positives and negatives in sheets and fill in it. Also she told them to draw a motivating picture using color pencils and paste it on the wall. She also gave a 2 column paper to write out what one can do and what one cannot do and paste it in the mirror and read it out regularly. On a whole, one can assess their own inner strengths and weaknesses and self motivate. That was a useful session for the students.

