

GURU NANAK COLLEGE OF EDUCATION

B.Ed. Programme

CO- CURRICULAR ACTIVITIES

WORKSHOP

Batch: 2022-24

Semester: I

TITLE: Understanding the Self

RESOURCE PERSON: Dr. Charu Sethi

DATE: 20.10.2022

TIME: 10:00 am onwards

VENUE: Bala Pritam Auditorium, GNCE



Being self-aware is having a good knowledge and understanding of yourself including being aware of your own feelings and character.

A workshop on “Self-awareness” was thereby, organized with the co-operation of Respected Resource Person- Dr. Charu Sethi on 20.10.2022 with the students of Batch 2022-24, Semester-I for leading them into practicing self-awareness is about learning to better understand why you feel what you feel and why you behave in a particular way.

Towards the end of the workshop, it was realised by all that having this awareness gives you the opportunity and freedom to change things about yourself, enabling you to create a life that you want. It’s almost impossible to change and become self-accepting if you are unsure as to who you are. Having clarity about who you are and what you want can be empowering, giving you the confidence to make changes.