



MANIPAL UNIVERSITY  
JAIPUR

**FACULTY OF MANAGEMENT**

**SCHOOL OF BUSINESS AND COMMERCE**

**DEPARTMENT OF COMMERCE**

**Workshop on Self Awareness**

09 May 2022

*Sidhant*  
Head  
Department of Commerce  
Manipal University Jaipur



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## 1. Introduction of the event:

Department of commerce, School of Business and commerce, Manipal University Jaipur organised a webinar on May 09, 2022, at 10 A.M. for the undergraduate student's training on self-awareness. The invited speaker was Ms. Mridu Sharma, Youth coach and Lead Copy writer at WATconsult. Around 40 students participated. The workshop was on making students understand oneself. This helped them realize their weaknesses and how to overcome them. The speaker also explained that the self-awareness helps in overcoming anxiety and depression that the current generation is facing. The workshop was a great learning for our young minds since it also trained them on controlling their anger. The students participated with enthusiasm and discussed their believes with the speaker.

## 2. Objective of the event:

The workshop objective was on making students understand oneself.

## 3. Beneficiaries of the event:

Faculty and Students of School of Business and Commerce

## 4. Details of the Guests:

Mridu Sharma is youth coach and Lead Copywriter at WATConsult. She did her graduation from Delhi university and Postgraduate from Xavier institute of communication. She has 5 years of experience in various fields and is a highly recommended Internationally Trained Youth Life Coach and Copywriter. She puts creativity and fun at the core to help others enhance emotional intelligence.

## 5. Brief Description of the event:

The workshop was on making students understand oneself. This helped them realize their weaknesses and how to overcome them. The speaker also explained that the self-awareness helps in overcoming anxiety and depression that the current generation is facing. The workshop was a great learning for our young minds since it also trained them on controlling their anger. The students participated with enthusiasm and discussed their believes with the speaker.

## 6. Program scheme

B.COM SEMESTER V						
Course No.	Subject Code	Subject Title	L	T	P	C
3	CM3103	PROFESSIONAL & PERSONAL EFFECTIVENESS	0	0	4	2

## 7. Lecture plan

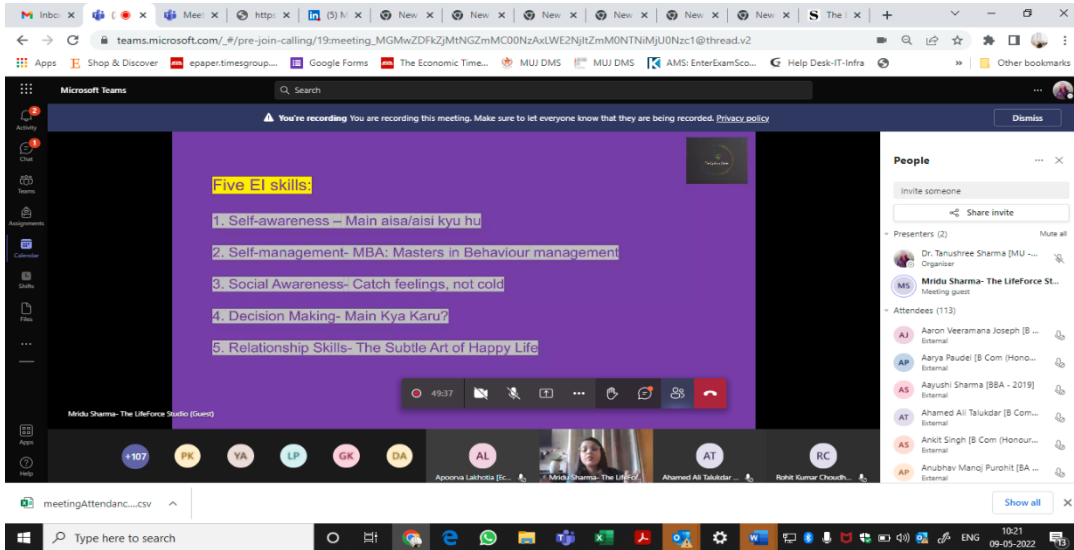
Lecture No	Topics	Session Outcome	Mode of Delivery	Corresponding CO	Mode of Assessing the Outcome
1	Introduction to the course	To acquaint students with the course.	General Discussions		NA
2-5	Personality & Self Esteem, self awareness	Learning basics of Personality and factors influencing self esteem and self awareness	Lecture	CM3103.1	In Class Assignments
6	Perception	Being aware of how people form perceptions about us	Lecture	CM3103.1	In Class Assignments
7	Problem Solving,	Learning problem solving skills in management	Lecture	CM3103.2	In Class Assignments
8	Emotional Intelligence	Analysing the Impact of Emotion at the Workplace	Lecture	CM3103.2	In Class Assignments
9	Emotional Quotient	Learning application of EQ at Workplace	Lecture	CM3103.2	In Class Assignments



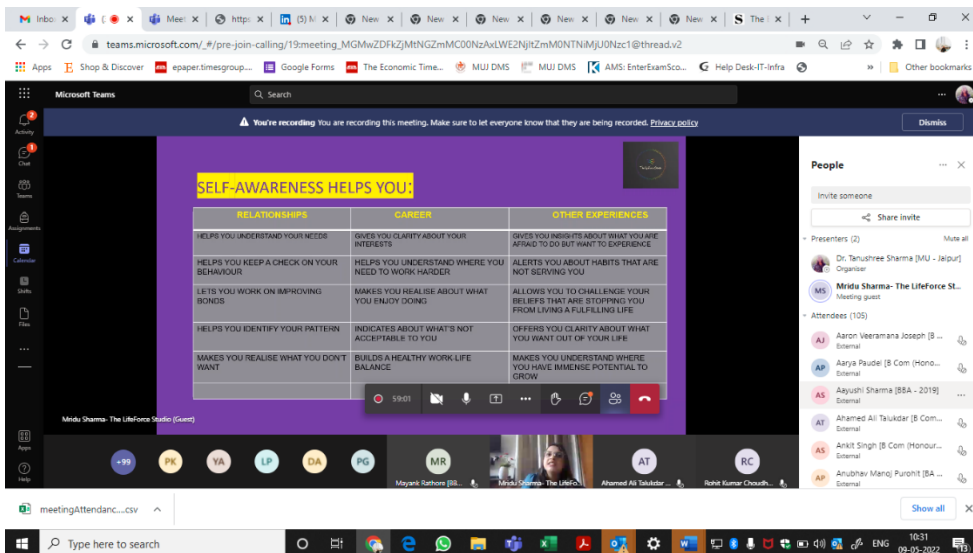
10-11	Team Building Cultural Variations, Poor Listening Skills, Noise in the Channel	Understanding basics of Group Dynamics	Activity	CM3103.3	In Class Assignments & Activity
12-15	Inter Group Relationships	Learning importance of harmonious group relations	Lecture	CM3103.3	In Class Assignments
16-18	Conflict Management	Learning traits of managing conflicts effectively at workplace	Activity	CM3103.3	In Class Assignments
19-20	change Management	Understanding basics of change Management	Lecture	CM3103.4	In Class Assignments
21-22	Interpersonal Skills	Understanding the importance of Interpersonal skills and various Analyses to deepen the knowledge	Lecture	CM3103.4	In Class Assignments
23-24	Leadership Skills	Learning traits of good leader and applying leadership skills in development of people	Lecture	CM3103.4	In Class Assignments
25-26	Time Management	Learning the importance of managing time to achieve goals	Lecture	CM3103.5	In Class Assignments
27-28	Goal Setting	Understanding the basics of goal-setting, and the manner of achieving pre-determined	Activity	CM3103.5	In Class Assignments & Activity

		goals			
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## 8. Photographs:



*Explanation of Five EI Skills*



*Explanation of self-awareness*



9. Brochure or creative of the event:

 MANIPAL UNIVERSITY  
JAIPUR

**School of Business & Commerce**

**Department of Commerce**

Organizes

**WORKSHOP ON**  
**"SELF AWARENESS"**

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**MONDAY 9<sup>TH</sup> MAY 2022 (10.00- 11.00 AM)**

**Resource Person-**  
**Ms. Mridu Sharma**

**Convener- Dr. Tanushree Sharma**  
**Ms. Nishu Gupta**

10. Attendance of the Event :

No. of Attendees : 38

S.NO.	Participant Name
1	Dr. Tanushree Sharma [MU - Jaipur]
2	Mridu Sharma- The LifeForce Studio (Guest)
3	Hemant Sharma [B Com (Honours) In Accounting - 2021]
4	Divyansh Gaur [B Com (Honours) In Accounting - 2021]
5	Tijil Yadav [B Com (Honours) In Accounting - 2021]
6	Nitesh Gupta [B Com (Honours) In Accounting - 2021]
7	Aaron Veeramana Joseph [B Com (Honours) In Accounting - 2021]
8	Ahamed Ali Talukdar [B Com (Honours) In Accounting - 2021]
9	Aarya Paudel [B Com (Honours) In Accounting - 2021]
10	Sharat (sharatsalil@gmail.com) (Guest)
11	Ankit Singh [B Com (Honours) In Accounting - 2021]
12	Sparsh Sexena (sparshsaxena040803@gmail.com) (Guest)
13	Harsh Bansal [B Com (Honours) In Accounting - 2021]
14	Priya Jain [B Com (Honours) In Accounting - 2021]
15	Ashish Saini [B Com (Honours) In Accounting - 2021]
16	Jani Manan Manishkumar [B Com (Honours) In Accounting - 2021]
17	Faisal Agha [B Com (Honours) In Accounting - 2021]
18	Bhumika V Hiremath [B Com (Honours) In Accounting - 2021]
19	Chinmay (chinmayupadhyay66@gmail.com) (Guest)
20	Sharat Salil [B Com (Honours) In Accounting - 2021]
21	Yash Kapoor [B Com (Honours) In Accounting - 2021]
22	Nikhil Kumar (nikhilkumarg02@gmail.com) (Guest)



23	Nistha Sethia [B Com (Honours) In Accounting - 2021]
24	Riya Lohia [B Com (Honours) In Accounting - 2021]
25	Ishika Khandelwal [B Com (Honours) In Accounting - 2021]
26	Tanisha Doshi [B Com (Honours) In Accounting - 2021]
27	Aryan Soni [BA (Hons-Economics) - 2021]
28	Ambudhi Choudhary [B Com (Honours) In Accounting - 2021]
29	Deepak Sahu [B Com (Honours) In Accounting - 2021]
30	Sourav (smrtysourav2190@gmail.com (Guest)
31	Shantanu Verma [B Com (Honours) In Accounting - 2021]
32	Vyom [B. Com (Honours) Accounting- 2021]
33	Sanskriti Sharma [B Com (Honours) In Accounting - 2021]
34	Rishabh Mantri [B Com (Honours) In Accounting - 2021]
35	Yash Dangi [B Com (Honours) In Accounting - 2021]
36	Sarthak Anand [B Com (Honours) In Accounting - 2021]
37	Ishan Sharma [B Com (Honours) In Accounting - 2021]
38	Simran Kaur Arora [B Com (Honours) In Accounting - 2021]

**11. Link of MUJ website:**

*S. K. Verma*  
Head  
Department of Commerce  
Manipal University Jaipur