



ARMY INSTITUTE OF EDUCATION



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'Institute under the aegis of Army Welfare Education Society (AWES)'

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Report of Workshop on 'Mastery on Mind-Set' : 08 Aug 2024

Army Institute of Education, Greater NOIDA, conducted a workshop titled "Mastery on Mind-set" on 08 August 2024. Mr. Jai Kumar, a renowned inspirational speaker, life skill coach and founder of JK Life Skill Academy, was invited as the resource person. The **Objective** of this workshop was to equip participants with strategies to develop a growth mind-set and enhance personal and professional development.

The workshop commenced with a welcome address and introduction of Mr. Jai Kumar and his achievements in the field of life skills coaching and education. Mr. Jai Kumar began with an engaging story highlighting the power of mind-set in overcoming challenges. He introduced the concept of a fixed mind-set versus a growth mind-set, based on the research of Dr. Carol Dweck. The importance of self-belief, resilience, and continuous learning was emphasized. Participants engaged in interactive activities designed to reflect on their own mind-sets and identify areas for growth. An interactive Q&A session where participants asked questions and shared their own experiences. Mr. Jai Kumar provided personalized advice and insights, further enriching the learning experience.

The Principal, Dr. Abhilasha Gutam thanked Mr. Jai Kumar for his valuable insights and the participants for their active engagement. All the students of BEd and BEdSplEd Batch 2023-25 and 2024-26 along with faculty members participated in the workshop. The workshop received positive feedback from the participants, who appreciated the interactive format and practical insights provided by Mr. Jai Kumar. Certificates were distributed to all the participants.

Learning Outcomes- Participants gained a deeper understanding of the growth mind-set and learned practical strategies to foster resilience, self-belief, and continuous personal development. They left equipped with tools to effectively overcome challenges and enhance both personal and professional growth.



Glimpses of workshop taken by Mr. Jai Kumar, founder of JK Life Skill Academy



Abhilasha Gautam
Dr. Abhilasha Gautam
Principal