



ARMY INSTITUTE OF EDUCATION



Affiliated to Guru Gobind Singh Indraprastha University, New Delhi

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

Plot M-1, P-5, Sector- Chi, Gr. NOIDA | Ph.: 0120-2343741/ 42 | e-Mail: aie@awesindia.edu.in | www.aie.ac.in

Report of Workshop: "Become a Master of Your Life"

Date- 27th Feb, 2025

The Army Institute of Education, IQAC Cell successfully organized a workshop on 'Become a Master of Your Life' on 27th February 2025, aimed at fostering personal growth and mental well-being among students and faculties. All the students teachers of B.Ed. and B.Ed.Spl.Ed Ed.LD ,2023-25(4sem) ,2024-26(2sem) had attended the workshop with faculty members. Total number of students was 110 and 10 faculties.

The aim of the workshop is to empower students with essential skills for **personal growth, self-mastery and mental well-being**. It focused on **enhancing personality development, building confidence, improving communication and developing emotional resilience**.

The workshop begins with the facilitation of the speakers and the event was divided into two insightful sessions, led by esteemed speakers, **Ms. Prachi Gupta**, Brand Ambassador-Research Foundation of India Director ENN360 and **Ms. Smriti Bhatia**, Founder Smriti's ChocoHouse & SIABAZ, EdGenz and Serene Meadows.

The **first session**, held from **11:00 AM to 1:00 PM**, focused on **Personality Development** and was conducted by **Ms. Prachi Gupta**. She emphasized the significance of self-awareness, effective communication, confidence-building, and leadership skills. The session included interactive activities, real-life examples and practical tips to help students enhance their personal and professional lives.



Felicitation of Resource Person



Session on Personality Development



The **second session**, held from **2:00 PM to 4:00 PM**, was conducted by **Ms. Smriti Bhatia** and addressed the crucial topic of **Mental Health**. She highlighted the importance of emotional resilience, stress management, and mindfulness in maintaining a balanced life. Various mental wellness strategies, including meditation, cognitive restructuring, and self-care routines, were discussed. The session provided practical approaches to cope with anxiety, pressure, and mental fatigue, essential for overall well-being.



Glimpses of session on 'Mental Health'

Learning Outcomes

- **Enhanced Self-Awareness and Confidence** – Students have gained insights into their strengths, communication styles and leadership abilities, helping them build self-confidence and a positive self-image.
- **Improved Stress Management and Emotional Resilience** – Students have taught about practical strategies for handling stress, anxiety and emotional challenges, enabling individuals to maintain mental well-being in daily life.
- **Effective Communication and Decision-Making Skills** – Students have learned about techniques to express themselves clearly, improve interpersonal relationships and make informed decisions for personal and professional growth.
- **Adoption of Mindfulness and Self-Care Practices** – The workshop emphasized the importance of mindfulness, meditation and self-care routines to enhance overall well-being and maintain a balanced lifestyle.

The workshop concluded with an interactive Q&A session and E-certificate distribution, allowing students to seek guidance on personal challenges and professional growth. The engaging discussions and expert insights made the event a valuable learning experience.



Group photo with students and certificate sample



Abhilasha Gautam
 Dr. Abhilasha Gautam
 Principal