

REPORT ON STUDENT'S WORKSHOP

Name of the Activity : Workshop for students of Class VI-IX (Girls Only)
Topic : Personality Development
Day & Date : Friday, 12 January 2024
Resource Person : Mrs. Anjela Dahiya
Activity Incharge : Mrs. Amita Arora and Mrs. Anjela Dahiya

A Glimpse of the Event

Objectives: To enable the learners to

- gain a heightened sense of self-awareness.
- understand the importance of personal grooming and hygiene in their daily lives.
- prepare the girl students for various social settings.
- develop confidence in their dressing choices, mannerisms, and communication skills

"We must become the change we want to see".—Mahatma Gandhi

The Personality Development Workshop was organized by MBS International School, Dwarka to provide a holistic approach to the personal growth of female students. The workshop began with an informative session on personal hygiene, emphasizing the importance of cleanliness and grooming. The students were educated about maintaining proper hygiene practices, including personal hygiene, dressing, mannerism, etiquettes and overall cleanliness.

A segment was dedicated to dressing etiquette, where the participants learned about appropriate attire for different occasions. The session covered aspects such as color coordination, dressing modestly, and understanding the significance of dressing appropriately. The students engaged in interactive activities focusing on developing positive mannerisms and body language. They learned the significance of maintaining eye contact, using proper gestures, and having a confident posture. Practical exercises helped them internalize these concepts.

An integral part of personality development, communication skills were emphasized during this session. Students participated in the discussion to enhance their verbal and non-verbal communication abilities. The workshop concluded with a segment on etiquettes and social graces. The students were educated on formal and informal dressing outfits, polite behavior in public spaces, and the importance of respecting cultural diversity.

The Personality Development Workshop at MBS International School, Dwarka, proved to be a valuable experience for the Grade VI-IX girl students. It equipped them with essential life skills that will contribute to their overall personality development and prepare them for the challenges ahead. The school remains committed to organizing such workshops to nurture the holistic growth of its students.



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