



SYMBIOSIS LAW SCHOOL, NAGPUR

Constituent of Symbiosis International (DEEMED UNIVERSITY)

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REPORT

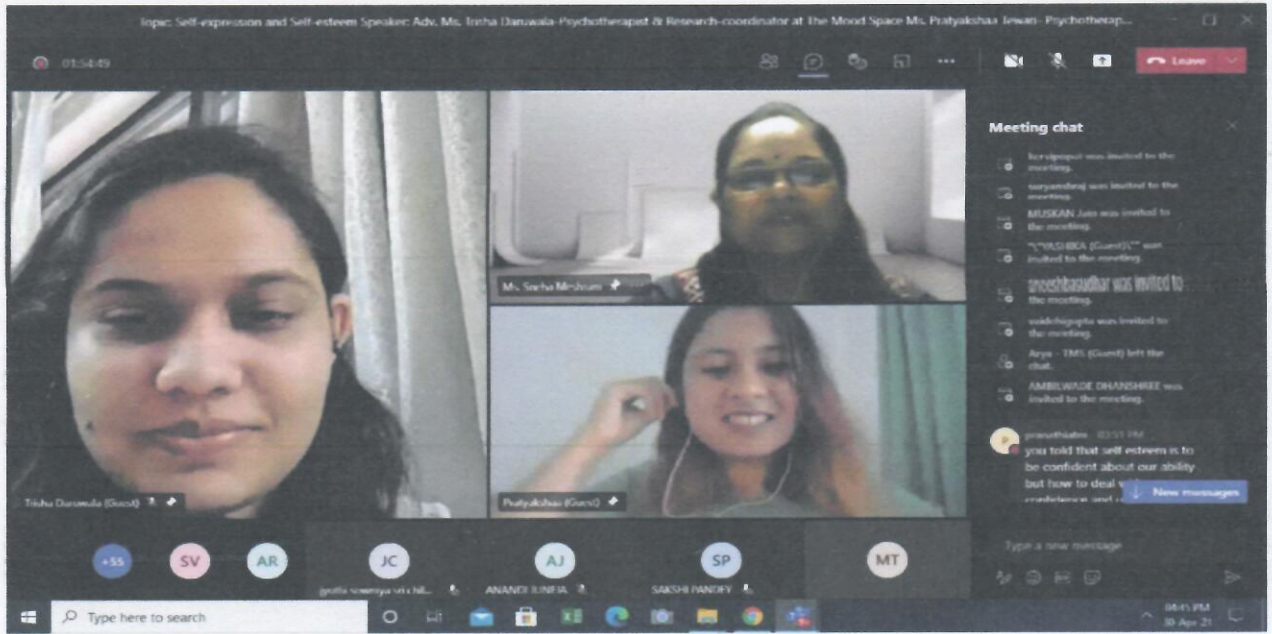
Workshop on 'Self-expression and Self-esteem'

30th April, 2021

Symbiosis Law school Nagpur organised a Workshop on 'Self-expression and Self-esteem', on 30th April 2021 from 3.30 pm onwards. In this pandemic we are most of the times with ourselves, so it was thought fit that a workshop should be arranged in which students can take some time out to know about themselves and enjoy their own company. Dr. Sukhvinder Singh Dari, Director of Symbiosis Law School, Nagpur, in his Welcome Address welcomed the guests and wished this testing time to get over soon, he emphasised on taking care of one's mental health along with physical fitness and right diet. While addressing, he stressed on the keeping oneself busy and not to get affected by the negativity served around. He also thanked the participants for attending the workshop.

The facilitators of the workshop Ms. Trisha Daruwala-Psychotherapist & Research-coordinator at The Mood Space and Ms. Pratyakshaa Tewari-Psychotherapist & Coordinator at The Mood Space, conducted various activities to identify our self-worth and how factors from outer environment impact our personalities. They made participants who were more than hundred in numbers not to label ourselves on the basis of what others thinks of us, without exploring what we really are. Generally an individual give importance to many people and things forgetting his own dynamics, the workshop stirred various avenues which helped students to understand how they can better manage their own self, while dealing with many situations around. All participants appreciated the Session.

Dr. Aarti Mohan Kalnawat, faculty, SLS, Nagpur Moderated the session and introduced the resource persons, Vote of thanks was proposed by Ms Eshita pagariya, Member Student Support Centre SLS, Nagpur.



Director
Symbiosis Law School,
Nagpur