St. Xavier's College, Mahuadanr
Latehar-822119, Jharkhand

1. **Title of the program:**   Self-awareness Programme

2. **Name of the Resource Persons:**   Pyari Kujur

3. **Organizing Cell/Department:**   Department of Mathematics

4. **Date/Duration:**   12th December, 2023

5. **Number of participants:**   38

6. **Objective:** A self-awareness program is to enhance emotional intelligence, personal growth, decision-making, communication skills, and stress management, empowering individuals to lead more fulfilling and authentic lives.

7. **Detail Description of the Event:** The Department of Mathematics organized Self-awareness Programme on 12th December, 2023 from 1:00 pm to 2:30 pm at LT -1.

   The self-awareness program for math students, led by resource person Pyari Mam, focuses on enhancing emotional intelligence and personal growth. Through interactive sessions, students will explore their strengths, weaknesses, and learning styles, fostering a deeper understanding of themselves. Activities include self-reflection exercises, group discussions, and goal-setting workshops tailored to improve both academic performance and personal development. By cultivating self-awareness, students can better manage stress, enhance their problem-solving skills, and build resilience, ultimately leading to improved mathematical understanding and greater confidence in their abilities. This program aims to equip students with essential life skills for future success and lastly students enjoyed the session.

2. **Outcome:** A self-awareness program include improved emotional intelligence, enhanced interpersonal relationships, better decision-making, increased resilience, clearer personal goals, and greater overall well-being, fostering a more authentic and fulfilling life.

3. **Brochure:**

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4. **Photo:**

5. **List of Participants:**

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Name of the Program: Self-awareness Programme
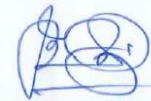**Date:** 12th December, 2023
Academic Year: 2023-2024

List of the Participants:

S. No.	Name	Signature
1.	ANCHAL KUMARI	*Anchal Kumari*
2.	AWIT LAKRA	*Awit Lakra*
3.	CHANDAN SINGH	*Chandan Singh*
4.	JAID ANSARI	*Jaid Ansari*
5.	LAKSHMI KUMARI	*Lakshmi Kumari*
6.	NEETU KUMARI KHERWAR	*Neetu kumari Kherwar*
7.	PHUL KUMARI	*Phul Kumari*
8.	PRABHAT MINJ	*Prabhat Minj*
9.	PRITAM KUJUR	*Pritam Kujur*
10.	SHREYA KUMARI	*Shreya kumari*
11.	SHUBHAY KUMAR	*Shubhay Kumar*
12.	STARWIN MINJ	*Starwin minj*
13.	TABBU KHATUN	*Tabbu Khatun*
14.	TULSI SINGH	*Tulsi singh*
15.	ABHINTA KHALKHO	*Abhinta Khalkho*
16.	AKANCHA TIGGA	*Akancha Tigga*
17.	ALMA NAGESIA	*Alma Nagesia*
18.	AMRITA NAGESIA	*Amrita Nagesia*
19.	FLABIYA EKKA	*Flabiya ekka*
20.	JOSHI THITHIO	*Joshi Thithio*
21.	LALITA KUMARI	*Lalita Kumari*
22.	NEEL GAGAN TOPPO	*Neel Gagan Toppo*

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23.	NITISH KUMAR SINGH	Nitish Kr. Singh.
24.	PANKAJ KUMAR SINGH	Pankaj Kr. Singh
25.	PRIYAL RAJ SONI	Priyal Raj Soni
26.	RANJAN KUMAR YADAV	Ranjan Kumar yadav
27.	RUCHI KUMARI SONI	Ruchi Kumari Soni
28.	TEKMANI EKKA	Tekmani Ekka
29.	TRIPURARI YADAV	Tripurari yadav
30.	VIKRAMJIT NAGESIA	Vikramjit Nagesia .
31.	VINAY TOPPO	Vinay Toppo
32.	ANJLI XALXO	Anjli xalxo
33.	ARUNA NAGESIA	Deepika kumari
34.	DEEPIKA KUMARI	Deepika Kumar
35.	DONA HIRSEL MUNZNI	Dona Hissel Munzni
36.	JAIWANT KUJUR	Jaiwant Kujur
37.	KRITI KUMARI	Kriti kumari
38.	LALITA BRIJIA	Lalita Brijia

Principal
St.Xavier's College
Mahuadanr

St. Xavier's College Mahuadanr
Latehar- 834001

6.   Feedback :