

## **PERSONALITY DEVELOPMENT AND MENSTRUAL HYGIENE (2024-2025)**

A workshop on '**Personality Development and Menstrual Hygiene**' was conducted on 1<sup>st</sup> October 2024 from 1.00 – 2.00 pm in Marie Adelaide de Cice hall for students of Junior College. It was conducted by Ms Renu Rahate member of Campus Connect an NGO associated with programs for student development p. It aimed to equip participants with essential skills to enhance their personal and professional demeanour. The workshop focused on improving self-confidence, communication skills, emotional intelligence, and overall interpersonal effectiveness.

The key objectives of the workshop were:

- To develop self-awareness and confidence.
- To enhance verbal and non-verbal communication skills.
- To improve emotional regulation and stress management.
- To foster a positive mind set and resilience in challenging situations.
- To create awareness on importance of menstrual hygiene.

The workshop covered the following topics in detail:

### Self-Awareness and Self-Confidence

Participants were guided through activities that encouraged reflection on their strengths, weaknesses, and personal goals. Exercises included personality assessments, role-playing, and group discussions aimed at identifying personal areas for growth.

### Communication Skills

A significant portion of the workshop was dedicated to effective communication, both verbal and non-verbal. Techniques to improve public speaking, active listening, body language, and articulation were introduced through illustrations.

### Emotional Intelligence

The concept of emotional intelligence (EQ) was explored in-depth, including self-regulation, empathy, and social skills, ability to recognize and manage their emotions better, leading to improved relationships and professional interactions.

### Time Management and Goal Setting

Workshops on prioritizing tasks, overcoming procrastination, and setting realistic personal and professional goals helped participants learn practical strategies to improve their productivity.

### Stress Management and Resilience

The session also laid emphasis on managing stress effectively and building resilience. Techniques such as meditation, deep breathing, and cognitive reframing were introduced, allowing participants to handle difficult situations with composure.

### Menstrual Hygiene

Learning how to develop good menstrual hygiene habits can empower students to take control of their own health and feel confident about managing their period, while encouraging honest communication in the classroom can also help to reduce anxiety and stress, and build self-esteem. This was effectively communicated through videos and illustrations.

Participants expressed positive feedback regarding the workshop. Many found the sessions on emotional intelligence, communication and menstrual hygiene particularly impactful.

### Sample Feedback:

- *"The workshop helped me understand my emotional triggers better, and the communication exercises were very helpful in boosting my confidence."*
- *"I appreciated the practical tips on managing stress and improving my time management skills."*

