Students Workshop: Unleash Your Latent Power

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A workshop for students was organised under CSD’s flagship program ‘LEAD’ at DAV Sundernagar. Students Workshop: Unleash Your Latent Power was inaugurated by Er. S.P. Sachdeva by lighting a lamp in the august presence of Mohit Chug, Principal of DAV Sundernagar. The workshop aimed to empower and inspire the students to enable them to handle their studies and career more efficiently. The biggest challenge with the studies in present time is that students have lot many options and distractions. The options available create lots of confusion in students mind to keep track with their studies and career. The workshop engaged students in various exercises and sessions to help them plan their studies and career. Dr. Pawanesh guided taught them how to remain positive and motivated, visualisation, and mindmapping. These techniques will help them to study smartly and will also them handle stress. Abhishek Awasthi took the students on a tour of vital personal attributes in his session on ‘Capability Framework’. He told them about determination, self-discipline, resilience, flexibility, honesty and creativity. It was, probably, first such opportunity for local students to introspect into themselves and discover themselves. Kritika Sharma one of the participants said," Todays program was awesome. I had lots of fun. . . . It was one of the most memorable day of my life". Sachin Mandhotra says," I would like to thank all the members of team LEAD who has come to give knowledge about the special abilities of our mind.Now I am feeling very confident about my exams. Now I can concentrate in my studies". Ritvik Salaria,"Today I attended your workshop I really loved your relaxation technique . . ."