



Panipat Institute of Engineering & Technology
Approved by AICTE & Affiliated to Kurukshetra University, Kurukshetra
70 K. M. MILESTONE, G. T. ROAD, SAMALKHA – 132102, HARYANA
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Ref.No:PIET/DMS/2023/SS/2

Dated:- 13/02/2023

DEPARTMENT OF MANAGEMENT STUDIES

Notice

We are pleased to announce that the Department of Management Studies will be hosting a session titled 'Self-Love 360°' on February 14, 2023. The session will be conducted by Dr. Preeti Gugnani (Assistant Professor, P.I.E.T), with Dr. Navita (Assistant Professor, P.I.E.T) serving as the session coordinator.

We highly encourage all students to attend and take advantage of the valuable insights that this workshop has to offer.


Mode: Offline

Venue: Room No. D-104

Date: February 14, 2023

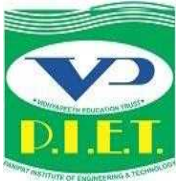
Time: 2:00 PM to 4:00 PM


Dr. Navita (Coordinator)


Dr. Akhilesh Kumar Mishra
(Head of the Department)

Cc-All Notice Boards

HEAD - DEPARTMENT OF MANAGEMENT STUDIES
PANIPAT INSTITUTE OF ENGINEERING & TECHNOLOGY
PATTI KALYANA - SAMALKHA (PANIPAT) (HARYANA)



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Department of Management Studies

Report on "Self Love 360°" Session

Report on 'Self Love 360°'

Organized by: Department of Management Studies

Date: Feb 14, 2023

Time: 2 to 4:00 PM

Venue: D-Block Room No 104

Event Details	
Title of the Event	Self Love 360°
Date of the Event	14 TH Feb 2023
Timing	2 -4PM
Venue	D-Block Room No 104
No of Participants	11 Students
Mode	Offline
Resource Person	Dr. Preeti Gugnani
Resource person Contact No	7015482177
Coordinator Name	Dr.Navita
Coordinator Ph No	8053711076

Inaugural Session

The session commenced with a warm welcome by **Mr. Prof. Akhilesh Kumar Mishra**, Head of the Department of Management Studies. His opening remarks set an inspiring tone for the session, where he extended heartfelt gratitude to all participants for their presence and emphasized the significance of the session. Prof. Mishra highlighted the session's alignment with the department's commitment to nurturing knowledge and career growth among students. He also acknowledged the collaborative efforts behind the organization of the event, stressing the importance of continuous learning and professional development in the ever-evolving competitive environment. His speech not only acknowledged the contributions of the organizing team but also motivated the participants to actively engage and capitalize on the opportunities presented.

Introduction

On February 14, 2023, the Department of Management Studies hosted a meaningful workshop titled "**Self Love 360°**" for our MBA students. This workshop, expertly conducted by **Dr. Preeti Gugnani** and coordinated by **Dr. Navita**, focused on nurturing self-awareness, enhancing emotional intelligence, and promoting overall personal well-being among the participants.

Valentine's Day, traditionally a celebration of love for others, was chosen as the perfect day to turn that focus inward, highlighting the vital importance of self-love and self-care. By aligning with the theme of love and respect for oneself, this workshop provided an opportunity for our students to reflect on and strengthen their relationship with themselves.

We were pleased to have **11 dedicated students** participate in this enriching experience, which not only encouraged them to prioritize their mental and emotional health but also equipped them with valuable tools to carry forward in their personal and professional lives.

Objective and purpose

Objectives:

Understanding and Embracing Self-Love:

The core objective of the "Self Love 360°" workshop was to help students gain a comprehensive understanding of self-love and its significance in their lives. This involved exploring the concept of self-love, identifying its components, and recognizing how it impacts their overall well-being. By embracing self-love, participants were encouraged to foster a deeper appreciation for themselves and their inherent worth.

Promoting Introspection and Emotional Intelligence:

A significant goal of the workshop was to encourage participants to engage in introspection, allowing them to reflect on their personal values, beliefs, and emotional responses. This self-reflection aimed to enhance their emotional intelligence—the ability to understand, manage, and effectively express their emotions. Developing emotional intelligence was intended to help students navigate their personal and professional relationships with greater empathy and self-awareness.

Achieving Emotional Stability:

The workshop focused on providing strategies to achieve and maintain emotional stability. This included teaching techniques to manage stress, handle emotional fluctuations, and build resilience. By equipping students with these tools, the workshop aimed to support their ability to remain centered and composed in the face of life's challenges.

Building a Positive Relationship with Oneself:

Through activities and discussions, the workshop sought to help participants develop a positive and healthy relationship with themselves. This included fostering self-compassion, setting personal boundaries, and practicing self-care. The objective was to empower students to create a nurturing internal dialogue and a supportive environment for personal growth.

Purpose:

The purpose of the "Self Love 360°" workshop was multi-faceted, centered on promoting self-love as a foundational element of well-being.

Encouraging Self-Love, Care, and Respect:

The workshop aimed to instill a sense of self-love, care, and respect among participants. By emphasizing these values, the workshop sought to help students understand the importance of prioritizing their own needs and well-being, thereby enhancing their overall quality of life.

Providing Practical Tools and Strategies:

To support the development of self-love, the workshop provided practical tools and strategies for enhancing emotional well-being. This included techniques for self-reflection, exercises for emotional management, and methods for cultivating self-care practices. The goal was to equip students with actionable skills that they could apply in their daily lives.

Inspiring Integration of Self-Love Practices:

Through engaging activities and meaningful discussions, the workshop aimed to inspire students to integrate self-love practices into their routine. The purpose was to encourage them to adopt these practices not just during the workshop but as a continuous aspect of their lives, leading to lasting positive changes.

Fostering a Supportive Environment:

The workshop also aimed to create a supportive and open environment where students could freely explore and discuss their personal experiences and challenges related to self-love. This collective engagement was designed to foster a sense of community and mutual support among participants.

Executive Summary

The "Self Love 360°" workshop, held on Valentine's Day, offered a comprehensive exploration of self-love. The event began with a discussion on the history and significance of Valentine's Day, setting the context for the theme of self-love. Dr. Preeti Gugnani and Dr. Navita led the session, covering several key areas:

History of Valentine's Day: The speakers provided insights into the origins and cultural significance of Valentine's Day, linking it to the broader concept of love and self-care.

Fundamentals of Self-Love: Participants learned about the core principles of self-love, including self-acceptance, self-respect, and self-care. The speakers emphasized the importance of recognizing and valuing one's worth.

Live Examples and Coping Skills: The workshop included real-life examples of self-love practices and coping strategies for overcoming challenges that hinder self-appreciation. The speakers shared practical tips for building resilience and emotional strength.

Motivational Activities: The workshop featured various motivational activities designed to engage students and reinforce the concepts discussed. These activities aimed to inspire positive change and encourage self-reflection.

Mirror Exercise and Meditation: Participants took part in a mirror exercise and a five-minute meditation session. The mirror exercise involved looking at oneself and practicing positive affirmations, while the meditation aimed to promote relaxation and mindfulness.

Resolutions and Practical Tips: The workshop concluded with a discussion on practical resolutions and strategies for addressing barriers to self-love. The speakers provided actionable advice on how to integrate self-love practices into everyday life.

Glimpses of the Event

The workshop was a dynamic and interactive event, featuring a range of activities designed to engage and motivate students. Key highlights included:

- **Interactive Discussions:** Engaging discussions on the history of Valentine's Day and the principles of self-love.

- **Practical Exercises:** Mirror exercises and meditation sessions that encouraged self-reflection and mindfulness.
- **Motivational Activities:** Activities designed to inspire and reinforce self-love practices.

Q&A Session:

Following the enriching workshop on "Self Love 360°", we are now opening the floor for a Q&A session. This is an opportunity for you to clarify any doubts, share your reflections, or seek further guidance on the topics covered today.

Question from Student 1:

"How can we effectively integrate self-love practices into our busy schedules?"

Response: Integrating self-love into a busy schedule involves setting aside dedicated time for self-care, even if it's just a few minutes a day. It could include activities like mindful breathing, journaling, or short meditation sessions. The key is consistency and making self-care a priority.

Question from Student 2:

"Can you provide some examples of how self-love can improve our professional life?"

Response: Self-love enhances self-confidence and emotional resilience, which can positively impact your professional interactions and decision-making. By valuing and respecting yourself, you are better equipped to handle workplace challenges and build more constructive relationships with colleagues.

Question from Student 3:

"What are some practical ways to overcome negative self-talk?"

Response: To counteract negative self-talk, practice self-compassion by challenging and reframing negative thoughts with positive affirmations. Engaging in activities that reinforce your strengths and accomplishments can also help shift your focus to a more positive self-image.

Question from Student 4:

"How do we maintain emotional stability in stressful situations?"

Response: Maintaining emotional stability involves recognizing stress triggers and employing techniques such as deep breathing, mindfulness, and regular physical exercise. Building a supportive network and seeking professional help when needed are also important strategies.

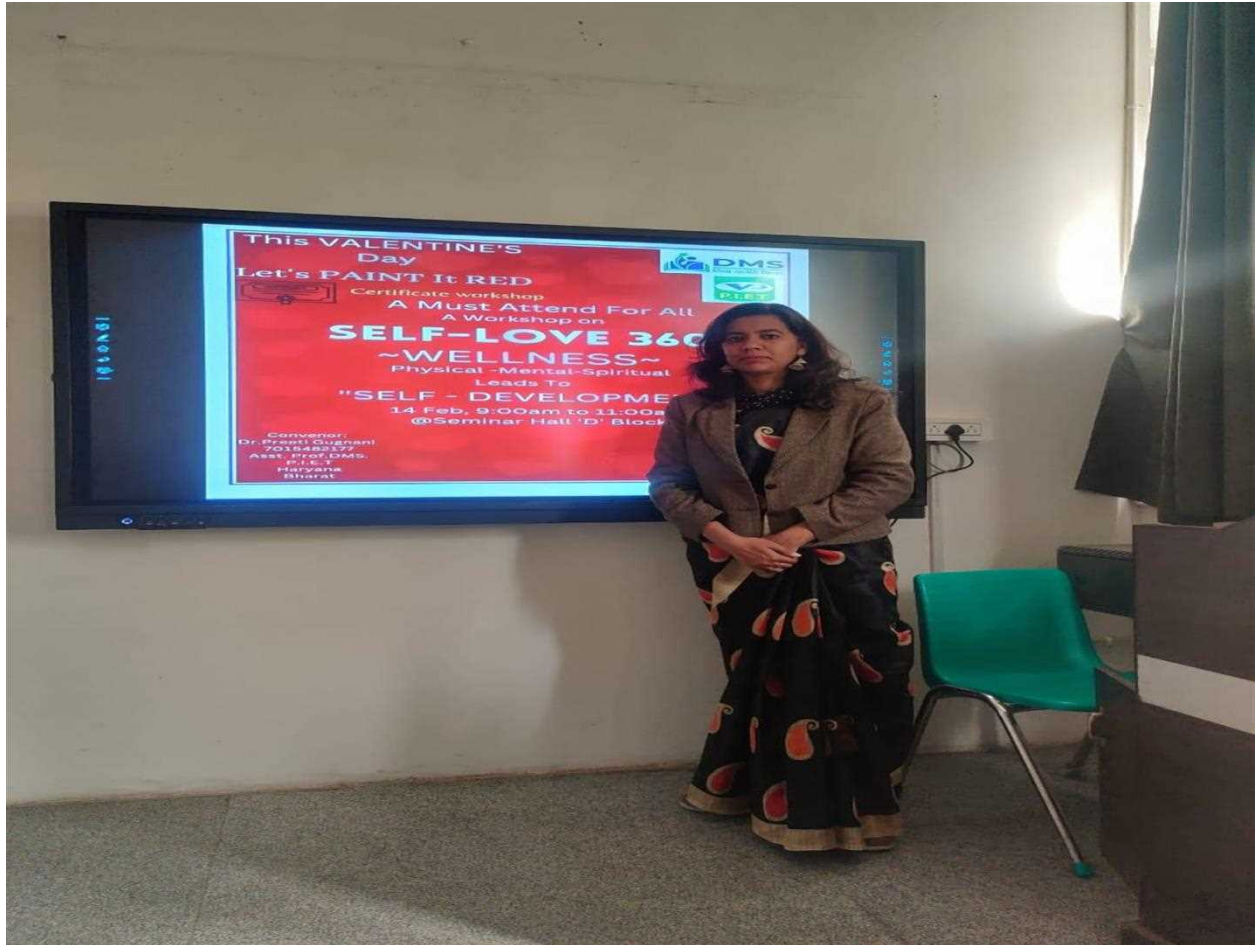
Wrap up Vote of Thanks and Conclusion

As we wrap up the "Self Love 360°" workshop, heartfelt thanks were extended to Dr. Preeti Gugnani and Dr. Navita for their invaluable contributions. Dr. Akhilesh Kumar Mishra, Head of the Department of Management Studies, expressed his deep gratitude for their dedication and expertise, which were instrumental in making this event a success.

The "Self Love 360°" workshop has been a significant initiative aimed at enhancing our students' emotional intelligence and self-awareness. By aligning the workshop with Valentine's Day, we emphasized the importance of self-love and self-care, offering participants valuable insights and practical tools to improve their relationship with themselves.

The interactive nature of the workshop, combined with the expert guidance from Dr. Gugnani and Dr. Navita, ensured that students gained a deeper understanding of self-care and personal well-being. The focus on self-love and emotional stability is expected to have a lasting, positive impact on the participants' personal and professional lives. Vote of thanks was also given to participants.

Photographs of the Event:



Photograph1: of Self- Love 360⁰ conducted on 14th Feb 2023 @DMS-Dr.Preeti



Photograph 2. of Self- Love 360⁰ conducted on 14th Feb 2023 @DMS with Dr Navita



Photographs 3:of Self- Love 360⁰ conducted on 14th Feb 2023 @DMS with Dr Preeti



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Department of Management Studies

Attendance for the Session on 'Self Love 360°' dated 14th Feb 2023 .Resource Person Dr.Preeti Gugnani

Serial Number	Name of the Student	Signature
1	Hamini	<i>Hamini</i>
2	Prachi	<i>Prachi</i>
3	Ayushi	<i>Ayushi</i>
4	Priyanka	<i>Priyanka</i>
5	Baby Rani	<i>Baby Rani</i>
6	Himanshi	<i>Himanshi</i>
7	Mirnas	<i>Mirnas</i>
8	Chavi	<i>Chavi</i>
9	Shivangi	<i>Shivangi</i>
10	Arzu	<i>Arzu</i>
11	Ishika	<i>Ishika</i>

Dr. Preeti Gugnani
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