

ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN
REPORT ON BEST OF ME ACTIVITY (AUDIT COURSE)

NAME OF PROGRAM: - BEST OF ME ACTIVITY (AUDIT COURSE)

DATE: - 23rd September 2023

VENUE: -MULTIPURPOSE ROOM

TIME: - 12:30 to 2:30

NO OF PARTICIPANTS: - 30

OBJECTIVES: -

Identify Talents and Hobbies: Reflect on your skills, talents, and hobbies that bring you joy and a sense of accomplishment.

Set Clear Goals: Define specific goals for self-appreciation and showcasing, like reaching a certain audience or improving in a particular skill.

Create a Showcase Platform: Develop a platform (online or offline) to exhibit your talents and hobbies, such as artistic growth.

COORDINATOR: -

ASSISTANT PROFESSOR: - Ms. Manpreet Kaur

REFLECTION: -

The "Best of Me" talent showcasing activity provided a platform for self-discovery and growth and was a transformative journey that allowed me to spotlight my skills and passions. Through this activity, Celebrates achievements, learned from challenges, and received valuable feedback, shaping my artistic growth. The showcase became more than a display of talent; it became a reflection of personal evolution and a source of inspiration for future endeavors. It illuminated the joy of self-expression and the gratification derived from sharing one's best with the world.

The feedback received became a compass for improvement, guiding my artistic evolution and reinforcing the joy found in sharing my talents with others. This experience has ignited a passion for continuous self-discovery and a commitment to further refining and expanding my creative pursuits in the future.

Feedback of the Students:-

Shifa:-

This activity greatly expanded my understanding of mindfulness and gave me greater understanding of how to be my best self.

Liza:-

It taught me to appreciate the opportunity to showcase our diverse talents, from artistic endeavors to practical skills.

Lisa: -

This activity not only fostered a supportive community but also inspired collaboration and the exchange of creative ideas. I found the activity to be a fulfilling and empowering experience, encouraging us to continue exploring and expressing our unique talents in various ways.

Students showcasing their talents

Display of artistic works

Principal ma'am reviewing the work