



Charutar Vidya Mandal's  
**Women Development Cell**

॥ यत्र नार्येस्तु पूज्यन्ते ॥



# REPORT

## “KNOW YOURSELF”

21<sup>st</sup> July 2018, Saturday

A one day workshop was conducted by development cell of charutar vidyamandal's women development cell on 21<sup>st</sup> July 2018 for working women of GCET ENGINEERING COLLEGE, B& B INSTITUTE OF TECHNOLOGY, ITI AND SM PATEL COLLEGE OF HOMMESCIENCE. The program was held at Home science College Auditorium. The program was attended by 20 women of these four institute.

Workshop was conducted by Dr Ati Pamnani convener of development cell WDC. Focus of workshop was to make women aware about their own personality type by giving ration of their interpersonal relationship behaviour. It even focused on formation of development cell team with members of other institute.

Workshop began with felicitation and thanksgiving to Dr Bhavna Chauhan for supporting the workshop by Dr Trupti Desai, Convener Development cell WDC. After a small gesture workshop began with introduction of all attending members.

During the session they were guided and made aware of different arena of behaviour with others like inclusion, control and affection. FIRO-B test was conducted for all the participants and were guided to check their values for the test.

Test results were given with expression and wants of Inclusion, control and affection for all participants. Discussion was done for how to utilize these results for making our self-more acceptable and improvisation in interpersonal relationships.

In few of the query from the participants guidance was given as how to increase our score if the score is lower in certain area. Few book related to same was also discussed with interested participants.

Participants gave a very smiling feedback for the workshop which was highly appreciated by organizers.



**Feedback form has following suggestion:**

- This session was helpful and expecting another such session
- Request for session related to health and financial management was suggested
- More and more such program should be arranged under WDC
- This program will help to improve overall approach and personality
- Highly appreciated and found beneficial.
- Should be done for all faculty of CVM. It was worth attending

**Feedback form analysis indicates:**

- Content wise 100% participants found it interesting, clarity in content and found session as well as speaker satisfied.
- For structure of program participant gave their view as :
  - Arrangement of the program was ranked as good by 14.3% , very good by 43% and excellent by 43% of participants
  - Usefulness of session was given as good 14.3 % , very good 21.42% and excellent as 64.28 % of participants
  - Expectation of participant was fulfilled as 21.4% as good, 28.6% as very good and 50% as excellent
- 100% participant reported as program was able to boot their skill and were highly satisfied with the program



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THANKS TO Dr Bhavna Chauhan Principal S M Patel Homescience college



Speaker Dr Arti Pamnani



Participants Discussing