

Personal physical and psychological growth and development

Report of the Activity

Kind of activity	: Workshop
Date of Activity	: 30.01.2020
Name of the speaker	: Prof. Kunjbihari Makwana
Topic of the Activity	: Personal physical and psychological growth and development
Numbers of Participants	: 100

Summary of the Activity

One day workshop was organized on 30th January 2020 at our college campus. In this workshop principal, co-ordinator and students were present. The co-ordinator welcomed all the participants and as well as students.

In the first session the speaker focused on the growth and development in the personal physical and psychological spheres, so that they can acquire maximum benefits.

In the second session the speaker encouraged the students to develop interest in sports to facilitate their physical growth and development. All these measures are taken to ensure that the girls get whatever assistance they require in their all-round growth and development.

After post lunch session the speaker focused on psychological growth and development. He gave tips about yoga and meditation, problem solving tasks and so on.

In the last session the participating students raised many questions related to personal, physical and psychological growth and the queries were solved.

The students enjoyed this session and the speaker enlightened the participating students.

