SHAHID VIRPATNI LAXMI MAHAVIDYALAYA, TITAVE

Department Of Computer Science

<u>Notice</u>

Date: 16-Aug-2023

All students are hereby informed that Department of Computer Science is going to organize a guest lecture regarding to the topic **"Self-Awareness and Personal Development". Dr. Jagruti Kala,** Smart Girl Trainer, Gujrat. All the students were requested to join the Google Meet on 23 Aug. 2022 at 09:30 am.

Affi No. 452

H.O.D.
Head
Department Of
Computer Science

Shahid Virpatni Laxmi Mahavidyalaya, Titave
Tal. Radhanagari Dist. Kolhapur

Event Report
Department Of Computer Science

"Self-Awareness and Personal Development".
2022-23

23 August 2022

Name of the Event and Guest	**Guest Lecture** "Self-Awareness and Personal Development", Dr. Jagruti Kala, Smart Girl Trainer, Gujrat
Organizing Dept./ Committee	Department Computer Science
Name of the Teacher	Mr. Sagar V. Shetage Program Coordinator
Day and Date	23-08-2022
No. of Participants	56
Time	09:30 am to 11:30 am

Detail Report:

Shahid Virpatni Laxmi Mahavidyalaya, Titave. Department of Computer science organized guest lecture on 23th Aug.2022 related to "**Personal Development**".

For this event one of the special and knowledgeable guest Dr. Jagruti Kala, **Smart Girl Trainer, Gujrat** delivered lecture on "Self-Awareness and Personal Development", Event started with welcome and introductory speech by Principal Mr. Prashant palkar Sir. Then **Dr. Jagruti Kala madam** started her graceful and informative presentation to all.

During the sessions, she explained the lecture by giving the Key Areas for Self-Awareness. Then she briefed us about the Human beings are complex and diverse. To become more self-aware, we should develop an understanding of ourselves in many areas. Key areas for self-awareness include our personality traits, personal values, habits, emotions, and the psychological needs that drive our behaviors.

Personality. We don't normally change our personalities, values and needs based on what we learn about ourselves. But, an understanding of our personalities can help us find situations in which we will thrive, and help us avoid situations in which we will experience too much stress. For instance, if you are a highly introverted person, you are likely to experience more stress in a sales position than a highly extroverted person would. So, if you are highly introverted, you should either learn skills to cope with the demands of a sales position that requires extravert-type behavior patterns, or you should find a position that is more compatible with your personality. Awareness of your personality helps you analyze such a decision.

Roy Disney and Stanley Gold would say that Michael Eisner's personality is too controlling. He has buffered himself from threats to his tenure as CEO by co-opting the board of directors and by micro-managing the executives he should be developing and empowering. As a result, his performance as CEO has suffered.

Values. It's important that we each know and focus on our personal values. For instance, if your first priority is "being there for your children" or "your relationship with God," it's very easy to lose sight of those priorities on a day-to-day, moment-by-moment basis. During the workday, so many problems and opportunities arise that our lists of "things to do" can easily exceed the time we have to do them. Since few (if any) of those things pertain to what we value most, it's easy to spend too much time on lower priority activities. When we focus on our values, we are more likely to accomplish what we consider most important.

Habits. Our habits are the behaviors that we repeat routinely and often automatically. Although we would like to possess the habits that help us interact effectively with and manage others, we can probably all identify at least one of our habits that decreases our effectiveness. For example, if you are a manager who never consults your staff before making decisions, that habit may interfere with your ability to build your staff members' commitment to the decisions and their decision-making skills as well.

Needs. Maslow and other scholars have identified a variety of psychological needs that drive our behaviors such as needs for esteem, affection, belongingness, achievement, self-

actualization, power and control. One of the advantages of knowing which needs exert the strongest influence on our own behaviors is the ability to understand how they affect our interpersonal relationships. For instance, most of us have probably known people who have a high need for status. They're attracted to high status occupations, and they seek high status positions within their organizations. Such people also want the things that symbolize their status. They insist that they be shown respect, and they want privileges and perks that people of lower status can't have. Sometimes these people fight for things that others see as inconsequential--like a bigger office. Needs cause motivation; and when needs aren't satisfied, they can cause frustration, conflict and stress.

Emotions. Emotional self-apwareness has become a hot topic of discussion recently because it's one of the five facets of emotional intelligence. Understanding your own feelings, what causes them, and how they impact your thoughts and actions is emotional self-awareness. If you were once excited about your job but not excited now, can you get excited again? To answer that question, it helps to understand the internal processes associated with getting excited. That sounds simpler than it is. Here's an analogy: I think I know how my car starts--I put gas in the tank, put the key in the ignition, and turn the key. But, my mechanic knows a lot more about what's involved in getting my car started than I do--he knows what happens under the hood. My mechanic is able to start my car on the occasions when I'm not because he understands the internal processes. Similarly, a person with high emotional self-awareness understands the internal process associated with emotional experiences and, therefore, has greater control over them.

She then explained the How Self-Awareness Makes You More Effective. She also told about the Practicing This Management Skill.

The session was concluded by vote of thanks by Mrs. S.S. Warake . Total 70 students and faculties of our college were participated in this guest lecture.

Photos:

Program Coordinator

Head
H.O.D
Department Of
Computer Science

Affi No.
452

Principal
Principal
Shahid Virpatni Laxmi Mahavidyalaya
Titave, Tal. Radhanagari, Dist. Kolhapur.
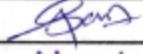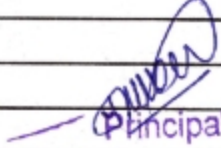
SHAHID VIRPATNI LAXMI MAHAVIDYALAYA, TITAVE

Event Name: Self awareness and Personal development.
ATTENDANCE

Date: 23/08/2022

SR.NO	STUDENT NAME	CLASS	Sign
1)	Namrata Satappa Kamble		
2]	Shweta Shivaji Suryawanshi	BSC. IT (FY)	Kamble.
3]	Sonal Vilas Shinde	BSC. IT (FY)	Shinde
4)	Sanika Mahadev Kamble	BSC. IT (FY)	SVS
5)	Shamal Mahadev Patil	Bsc. IT (fy)	Skamble
6)	Sushama Manohar Kamble	BSc IT (FY)	SPatil
7)	Bharati Tukaram Patil	Bsc IT (fy)	Sushama
8)	Rutuja Bhikaji Gurav		Patel
9)	Komal Ramchandra Phadake	—11—	Ruuu
10)	Sakshi Krushnat Powar	—11—	RPawlike
11)	Sanika Anada Kumbhar	—11—	gauwe
12)	Rasika Ramesh Kankekar	—11—	Kimbhar
13)	Nikita Netaji Parabkar	—11—	Rankekar
14]	Sakshi Shivaji Nichite	—11—	ParabkarN
15]	Tejaswini Shashikant Vhanalkar	—11—	SNichite
16)	Sandhya Dhanaji Magdum	—11—	Tejaswini.
17)	Sakshi Kumbhar		Sandhya
18)	Nikita Shivaji Kapale		
19)	Saksh Jitendra Kapale		NSkapale
20]	Sneha kumar kore	—11—	SKapal
21)	Mudale Namrata Sunil	—11—	skkore
22]	PATIL DIKSHA DILIP		Smudale
23)	Nikita Rajaram Hujdre		Patil.
24]	Pratibha Sanjay kamble		Diliyak
25)	Mrudula Shashikant Patil		Pakanker
26)	Samruddhi Vijaysinh Patil	—11—	Satil
27)	Pratiksha Vilas Patil	—11—	S.V.Patil
28)	Pratiksha Vishwas Patil	—11—	PPatil
29)	Mansi Nivas Patil.	—11—	Chleli
30)	Swapnali Balvant Patil.	—11—	Mansi..
31)	Reshma Sanjay Koparde	—11—	SBpatil
32	Prajakta Pandurang Parit	—11—	Pits
33	Sanika Ankusha Kamble	—11—	Peeit.
34	Pallavi Pandurang Gurav	—11—	Skamble.
35	Prachi Pandurang Patil	—11—	Gusav.
36	Diksha Dattatray Patil	—11—	Patil.

SR.NO	STUDENT NAME	CLASS	Sign
36	Patil Pratiksha vishwas	B.Sc. IT	Patil
37	Pratiksha vilas Patil	BSc IT (FY)	Patil
38	chanchal Pandit Patil	—''—	@Patil.
39	Daeshana sadashiv patil	—''—	RSHatt
40	Namrata satappa kamble	—''—	Kamble.
41	Sheeta shivaji suryawanshi	—''—	Sheeta
42	Sonal vilas shinde	—''—	S.V.S.
43	Sanika Mahadev kamble	—''—	Kamble
44	Shamal Mahadev Patil	—''—	SPatil
45	Sushama Manohar kamble	—''—	Sushama
46.	Bharati Tukaram Patil	—''—	SPatil
47.	Nikita Netaji Parsabkar.	—''—	Parsabkar.
48.	Rasika Ramesh Kankekae	—''—	Ramkekae
49.	Tejaswini shashikant vhanalkar	—''—	Tejaswini.
50	Sakshi Shivaji Nichite	—''—	Nichite
51	Sakshi keishnat poware	—''—	Poware
52.	Sanika ananda kumbhar	—''—	Kumbhar.
53.	komal ramchandr phadake	—''—	BPhadake
54.	Rutuja bhikaji gurav	—''—	Rgur
55.	Tanuja shivaji Devkule	—''—	Devkule
56.	Sayali Hindurao Patil	—''—	S.H.Patil
	Total = 36+20 = 56		

Head
Department Of
Computer Science

Principal
Shahid Virpatni Laxmi Mahavidyalaya,
Titave, Tal. Radhanagari, Dist. Kolhapur.