



**H.K.E Society's S.L.N College of Engineering**  
(Affiliated to VTU - Belagavi, Approved by AICTE - New Delhi, Accredited by NAAC)  
Yeramarus amp, Raichur - 584135



**DEPARTMENT OF MANAGEMENT STUDIES (MBA)**

**One Day Student Development Program  
On  
“SELF INTROSPECTION”**

**Date: - 06.03.2021**

The Department of Management studies organised a “One Day student Development Program on Self Introspection” for the students of Management studies. The event was conducted on 06<sup>th</sup> March 2021, Saturday at H.K.E society's SLN college of Engineering, MBA Department. And Mrs Susan Songa, Soft Skill Trainer, certified as learning and development manager invited as a resource person for the webinar.

The webinar began at 10.30 am Prof Amaresh Patil welcomed the resource person and all the students for one day SDP programme on “Self Introspection”. The SDP program was conducted through Zoom meet. In this webinar around 35 students were participated. Susan Songa conducted some games related to self introspection.

The webinar was targeted towards key placements oriented activities like Self-introspection SWOT, Self Confidence. The resource person conducted activities towards development of student's skills. In psychology, the process of introspection relies on the observation of one's mental state, while in a spiritual context it may refer to the examination of one's soul. Introspection is closely related to human self-reflection and self-discovery and is contrasted with external observation.

The resource person motivated all the participants towards their career; she guided the students towards their overall preparing towards their Self-Introspection. She conducted live activities for students about their SWOT, Self confidence and she stress more about students routine, mistake they do when are in stress and she concluded that confined level is very much essential for success.

Finally the webinar was concluded by giving vote of thanks by Prof .Bhagyalakshmi.G.



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