



Title	Capacity building Session I - Self Awareness
Date of Event(s)	27/09/2022
Department / Association	Department of Science
Venue	Closed Auditorium
Number of Participants	98
Target Audience	First Semester undergraduate students of the department

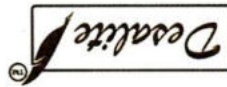
Resource Person(s) with qualification	Asst Professor Rashmi N Coordinator, Department of Science, St Francis de Sales College, Bangalore-100
Event Coordinator	Prof. Rashmi N

Anyone who is dedicated to self-improvement, personal development or the higher goal of spiritual growth needs to actively seek to understand oneself. This is because only when one understands where one lacks, can he or she focus their efforts on what to improve.

Definition of self-awareness: Self-awareness is the capacity that a person has to introspect. It includes gaining an understanding of and insight into one's strengths, qualities, weaknesses, defects, ideas, thoughts, beliefs, ideals, responses, reactions, attitude, emotions and motivations. Thus introspection also includes assessing how one is perceived by others and how others are impacted based on one's behaviour, responses and conduct.

A session on Self-awareness was conducted on 27th September 2022 by the Department of Science for first semester BSc students. The resource person for the session was Assistant Professor Rashmi N, Coordinator, Department of Science, St Francis de Sales College, Resource Person explained two types of self-awareness.

1) **Public Self-Awareness:** This type emerges when people are aware of how they appear to others. Public self-awareness often emerges in situations when people are



at the centre of attention, such as when giving a presentation or talking to a group of friends. This type of self-awareness often compels people to adhere to social norms. When we are aware that we are being watched and evaluated, we often try to behave in ways that are socially acceptable and desirable. In short we display our best behaviour, which may not be reflective of our true personality. Public self-awareness can also lead to 'evaluation anxiety' in which people become distressed, anxious, or worried about how they are perceived by others.

2) **Private Self-Awareness:** This type happens when people become aware of some aspects of themselves, but only in a private way. For example, seeing your face in the mirror is a type of private self-awareness. Feeling your stomach lurch when you realize you forgot to study for an important test or feeling your heart flutter when you see someone you are attracted to are also good examples of private self-awareness.

She also gave some tips to improve the self-awareness and at last students were asked to write the feedback about the person who is sitting next to them and to exchange the feedback.

Students were happy about the feedback received from their friends. It was an informative session for the students.

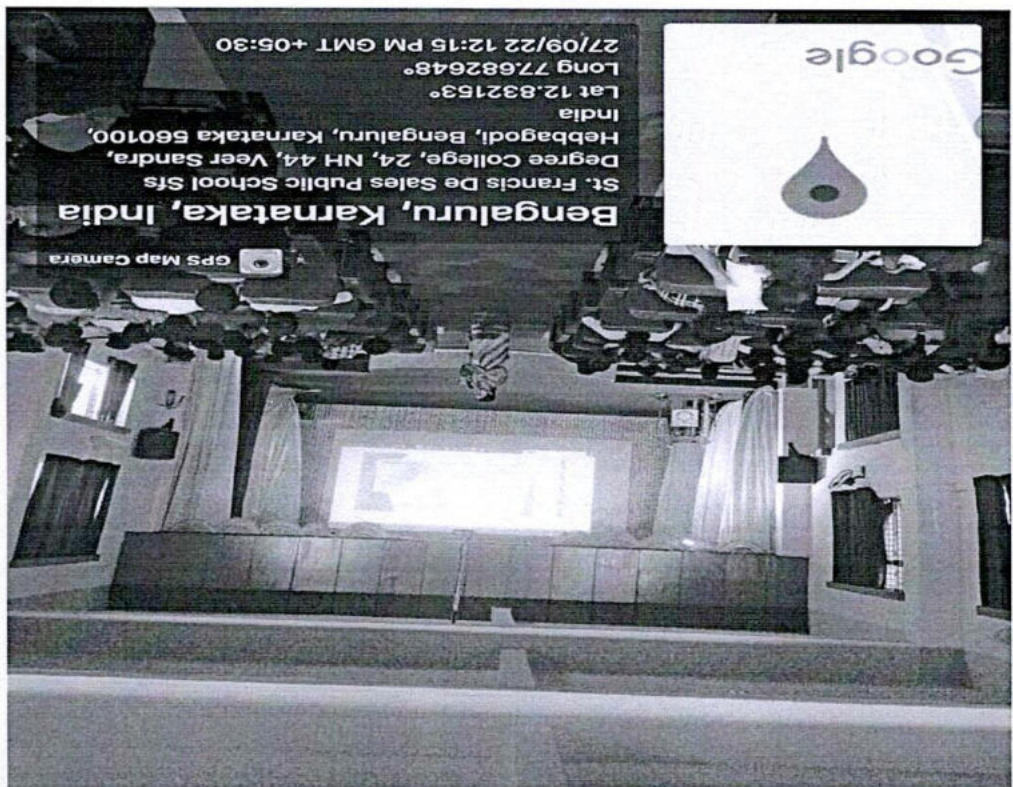
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