

**Report**

**BYOB Personality Development Workshop**

**Event Category: Workshop**

**Topic: BYOB Be Your Own Boss**

**Date: 13<sup>th</sup> August 2024**

**Time: 11:00-12:00 PM**

**Venue: Seminar Hall**

**Beneficiaries with numbers: 26**

**Faculty - 04**

**Students - 22**

**Faculty Coordinators: 01**

**Learning Objectives:**

The primary objective of the workshop was to empower female students by debunking common myths about menstruation and emphasizing the importance of personal hygiene. By aligning with the theme **"BE YOUR OWN BOSS,"** the event aimed to encourage young women to take control of their health and self-care, which are foundational to personal empowerment and professional success. Additionally, the workshop sought to equip students with leadership skills and confidence to excel in their future careers as educators.

**Report:**

On 13th August 2024, the B.Ed. Department of JIMS Greater Noida organized a Personality Development Workshop titled **"BE YOUR OWN BOSS"** for female students. This workshop, held in collaboration with Whisper and Venus, focused on empowering young women by addressing key topics related to personal hygiene, clearing myths about menstrual cycles, and promoting overall well-being. Keynote Speaker was Ms. Avni Goyal. The event combined practical sessions on

leadership development with discussions on women's health, aiming to cultivate both confidence and self-care among the participants.

**Content:**

The workshop was made possible through collaboration with Whisper and Venus, leading brands in women's hygiene products. Their involvement brought credibility and depth to the sessions focused on menstrual health and hygiene. Whisper and Venus also provided educational resources and products to the participants, reinforcing the importance of proper care during menstruation and dispelling misconceptions. This session emphasized the importance of maintaining personal hygiene, especially during menstruation. Whisper and Venus representatives provided tips on managing menstrual hygiene effectively, including the use of sanitary products, maintaining cleanliness, and recognizing signs of menstrual health issues.

Motivational speakers and life coaches conducted sessions on leadership and personal development. The focus was on building self-confidence and self-reliance, with an emphasis on how a strong foundation in health and well-being contributes to personal success.

Open forums allowed students to ask questions and share personal experiences related to menstrual health and hygiene, fostering a supportive and educational environment.

**Conclusion:**

The event highlighted the importance of integrating health education into personal development initiatives and underscored the role of self-care in achieving professional and personal growth. Future workshops of this nature can continue to build on this foundation, ensuring that young women are well-equipped to "be their own boss" in all aspects of life.



JIMS Engineering Management Technical Campus  
(JEMTEC), Greater Noida  
Approved by AICTE, BCI and NCTE, affiliated to  
GGSIPU, New Delhi



**B.ED DEPARTMENT ORGANISES BYOB  
PERSONALITY DEVELOPMENT  
WORKSHOP**

13th August 2024 | 11:00am - 12:00pm

**For female students only.**



Initiative by: *whisper* *Venus*

**Session with Speakers and girl's students**





**Discussion with students**





**Faculty Coordinator**

**Dr Abha Gupta**

**HOD**

**Prof. (Dr Rekha Mahajan)**

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