



B.V. Patel Institute of Management, Uka Tarsadia University



Date: 04-09-2023

Session on Sense of Self

Objectives of the Session: The primary goal of this session is to learn more about the girls' perspectives on themselves as individuals.

Outcome of the session: By the end of the session, students will have gained an understanding of how to maintain health during their adult lives.

Date	04-09-2023
Time	09:30 to 11:30
Venue:	Gopla Bhavan
Speaker	Dr. Suchismita Bhowmik, Assistant Professor, MBNC, UTU
Class:	Girls' student of TYBBA, SYBBA and FYBBA
Coordinator:	Dr. Anuradha Pathak and Dr. Trishna Shah
Category	Women Club

A session titled "Sense of Self" was held at UTU for the women Club of the B V Pael Institute of Management. It was Dr. Suchismita Bhowmik from the Maniba Bhula Nursing College at UTU who gave her talk. She has covered a variety of topics, including getting to know oneself, resiliency, adaptability, emotional balance, emotional health problems, mental health, healthy food plans, emotional problems, and finally, advice for mental and physical happiness.



“Having a well-developed sense of self is hugely beneficial in helping us make choices in life. From something as small as favorite foods to larger concerns like personal values, knowing what comes from our own self versus what comes from others allows us to live authentically.”



In addition she has also talked about personality traits, abilities, likes and dislikes, your belief system or moral code, and the things that motivate you — these all contribute to self-image or your unique identity as a person.

The session was very informative and highly satisfied audience. Thanks to Dr. D. R. Shah – Provost UTU, Shri Kiritbhai Patel – Vice President UTU and office bearers of UTU. Also, thanks to the Nursing Department.