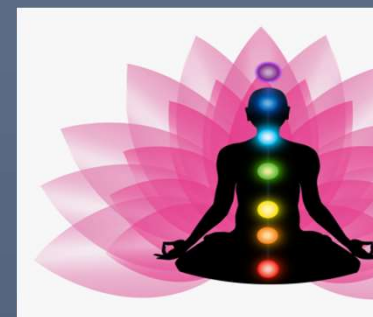




# HOLISTIC PERSONALITY DEVELOPMENT

JULY 2022- MARCH 2023

BY MS CHANDRIMA DEY & CHITRANGANA RATHORE (COUNSELORS)



Topics are based on: Body, Spiritual, Emotions, Mind, Social

Self Analysis

Gratitude

Kindness To Animals

Peace

Resourcefulness

Reverences For Old Age

Mobile Addiction

Emotions

Cultivating Hobbies

National Unity  
Self Control  
Humility Is Wisdom  
Sense Of Social Responsibility  
Tobacco Awareness  
Harmful Rays Of Wi-Fi  
Hygienic Living  
Punctuality  
Purity In Public Life  
Obedience  
Leadership  
Value For National And Civic Property  
Oral Health  
No Bully  
Peer Pressure

Coping With Stress  
Internalizing Life Skill  
Exam Anxiety  
Interpersonal Skill  
Obesity  
Anger Management  
Effective Communication Skills  
No Touch  
Benefits Of Regular Exercises  
Gender Equality  
Body Positivity  
Leadership  
Personality Development

Emotional Intelligence

Empathy

Mental Health and Well-Being

Time Management and Discipline

Good Habit Formation

Critical and Creative Thinking

Attention and Concentration

Self Esteem

Problem Solving

Decision Making

Communication Skills

Building Healthy Relationships