

3-Day Workshop on Personality Development: Discover the Best You

The Research Department of Commerce, in collaboration with MES Asmabi IEDC, organized a 3-day workshop titled "**Personality Development: Discover the Best You**", from September 5 to 7, 2024. This event, held in association with **Captains Social Foundation**, aimed at enhancing personality development skills for students. The workshop took place from 9:30 AM to 4:00 PM each day at the Seminar Hall of MES Asmabi College. The workshop was led by prominent trainers, including **Vishnu T.S.**, Life Skill Trainer and Director of Liftup Academy, **Adarsh P.A.**, HRD Trainer and COO of Captain Social Foundation, **Arshil P.C.**, Co-founder of Fireflies & ORC Trainer, and **Sreekala Lenin**, a psychosocial counselor and life skills trainer.

The event was supported by **Dr. Reena Mohamed P.M.**, Principal of MES Asmabi College, and coordinated by **Ms. Chithra P.**, Head of the Department of Commerce, and **Dr. Princy Francis**, IEDC Nodal Officer. The student leads for the workshop were **Muhammed Fajer** and **Azin Thaj**. The program aimed to empower participants by helping them discover and harness their best personal traits, improve their communication, leadership, and life skills, and foster personal growth. The workshop also aligns with the institution's mission under the Kerala Startup Mission and Institution's Innovation Council initiatives.



