

PLACEMENT CELL : AMITY SCHOOL OF ECONOMICS



The placement cell of Amity School of Economics conducted its fifth skill development session for the academic year 2020-21 on 28th February, 2020 on Super brain unlock- A Self Awareness exercise for undergraduate and post graduate students. The session was conducted by Dr. Rashmi Saba, a Social Scientist and Life Skills Trainer (Quality Assurance Reviewer- NABET-QCI, Director FIDRA Sports & Production Ltd from Mumbai)

The aim of the session was to extend self-awareness among students. Students are expected to learn about self-exploration and enhance brain development. During the session, students were briefed out about the super brain present in us. An exercise on Introspection was been conducted by the speaker and she also elucidate that unlocking of super brain is a 4 way process which includes introspection, self-description, exploration and reflection. Strengths and weaknesses of the people were also discussed.

During the session, clearing of doubts was a prime priority, and time was taken to explain all concepts elaborately. The workshop was attended by over fifty students and their feedback was collected. The feedbacks were analysed post the session, responses of the students were positive and the session's objective was successfully fulfilled.

