

National Cadet Corps
Mata Sundri College for Women
University of Delhi
Workshop

Saskhakt, the National Cadet Corps of Mata Sundri College conducted a workshop on ' **Significance of positive Affirmation in Life** '.

Date: - 16th September 2021

Time: - 04:00 pm onwards

The workshop was conducted under the supervision of **Ms Ishleen Kaur (Event convener)** and **Ms Praveshika Mishra (CTO, NCC)**.

The objective of the workshop was to teach the significance of positive affirmations in life.

The guest speaker was **Dr Deepshikha Chowdhary, Deptt. Of social work, Dr.B.R. Ambedkar College, University of Delhi**. The event commenced with an affectionate greeting to our teachers and NCC cadets followed by the introduction of the guest speaker by **Ms Praveshika Mishra (CTO, NCC)**.

An informative and illuminating session was conducted by the guest speaker **Dr.Deepshikha Chowdhary** which started with the introduction of affirmations along with an amazing presentation. She also narrated two beautiful and very encouraging stories which filled the cadets with motivation.

This webinar created a favourable impact not only in the cadets' lives but also in their vision and was fruitful.

The event concluded with the formal vote of thanks by our **Senior Under Officer Nishtha Vats** and resulted in a successful event with the kind cooperation and efforts of our team as well as mentors.

Sashakt will continue to organize such events, workshops and sessions for the cadets' mental and physical well-being.

Jai Hind

