

**St. Cecilia's Public School**  
**Workshop on Empowering Mind Power**  
**DATE: 20 March, 2023**  
**ORGANISED BY: Hindustan Times**  
**ATTENDED BY: All Teachers**



St. Cecilia's has always been at the fore in organising meaningful seminars and workshops to promote all round development of its collaborators. A comprehensive workshop on 'Empowering Mind Power' was organised in the school, on March 20, 2023. The chief speaker of the session was Mr. Lucky Puchhrat, Founder of Mavericks India Solution, a Learning and Development Company; an established speaker for Hindustan Times, who has also worked as a revered Lecturer of English, in Delhi University.

The highlights of the workshop were to design and channelize one's mind to accentuate desired positive results. The speaker's focus was to talk about the significance of tiny changes in one's daily routines, to bring about remarkable outcomes ultimately.

The training did unfold the importance of learning essential concepts and unlearning regressive habits, as the saying goes- Wilful practice is a panacea. The workshop also focused on varied theories that have been actualised over the years in attaining success. The concept of SWOT by Albert Humphrey, in 1960's, being one such key practice. Mr. Humphrey was the initiator of this analysis technique and was specialized in organizational management and cultural change. SWOT stands for 'strengths' that create 'opportunities'; 'weaknesses' that are 'threats', and a thoughtful probe of this is conducive to a healthy mind.

The speaker also emphasised on aspirations and their impact. He did communicate that to achieve big one needs to aspire big. The next in line was the concept of 5W1H by Rudyard Kipling, in which one introspects that who should do a certain task, what should be done in it, why it needs to be done, when should it be carried out and how it needs to be done. The workshop also highlighted on shifting one's focus from being reactive to being proactive. A plethora of resources and books were shared through power point presentations to aid this thinking process and further share the same with learners.

The workshop was thus very influential in exploring different strategies to empower one's mind and achieve continual growth. It was a substantial workshop that resulted in further nurturing one's abilities. The workshop concluded with a vote of thanks to the key note speaker by the Co-ordinator.