



## Koneru Lakshmaiah Education Foundation

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### Academic Staff College

20.02.2018

One day workshop on “Facets of self-awareness” was organised by Academic staff College on 20.02.2018 Ms.Usha Rani, ASC for the faculty members of Dept.CE, EEE, ECM and BT in E-104 Rose hall from 9.30 to 4.00 pm.

“When there is no enemy within, the enemies outside can do you no harm.”

*Self-awareness* is the ability to know what we are doing as we do it *and* understand why we are doing it. It is the ability to monitor our inner world, our thoughts and emotions as they arise.

At the end of the workshop, the learner will be able to

- Understand what is self
- Comprehend the importance of self- awareness
- Know the type of the person who I am
- Work out measures to understand one self

The workshop mainly consists of understanding oneself and how to be detached oneself from being controlled by these five things

- Our past
- Other people opinion
- Limited beliefs
- Relationships
- Money

Many of us spend our lives at the mercy of the circumstances by Living at the mercy of what happens to us, at the mercy of others, not living in the present, because we are stuck in the prison of the past.

The morning session the participants were introduced to the concept of self-awareness, self-concept, self-image and self-schemas. The participants were also lead through the concepts of Johari window and as well Abraham Maslow’s hierarchical needs to understand one self in an effective way.

Later the understanding of the self enhanced with Meyer Briggs Type Indicator Test where the understanding self is clearer and as take home the participants have taken up SWOT analysis. The session came to an end with testing one’s learning of the self-awareness by solving crossword puzzle.



**Group Photo of the Participants**

