



ST. JOSEPH'S INSTITUTE OF MANAGEMENT (JIM)

A Jesuit Business School

St. Joseph's College (Autonomous), Tiruchirappalli 620 002

Personal Growth Lab

6-8-2022

Personal Growth Lab an intensive training program was given to the I MBA students from 4th August 2022 to 6th August 2022. It takes a multi-faceted approach to personal development combining theory, personal experience, and self-reflection. Students learn strategies for coping with stress, anger, and other negative emotions. Capuchin Priests handled the sessions. Dr P Jega Patrick Dean Academics introduced the resource persons.

The first day of training began with icebreaking in the Loyola Auditorium, followed by the introduction to the course. The students were made aware of the purpose of the program and how to approach the sessions. The students were then split class-wise for further sessions on a topic like Theories of Personalities Developmental Stages Mind Lock and Animal Instincts. The students were participative and gathered information about their nature of behaviour and the reason for their actions.

On day two, the students were oriented on Emotions & Catharsis: Anger Grief Sadness Shame, how to Get rid of the Emotions, Love Language and finally Laughter therapy. It was an engaging experience for the students.

The final day of the program dealt with Self-Management, Means to Happiness, Values, Positive Approaches, Vision, and Inter-Personal Orientation. Through the sessions, the students became aware of themselves and developed strategies to handle their emotions and refine their behaviour. The program ended on a positive note.





