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**OFFICE OF THE PRINCIPAL**  
**DOGRA LAW COLLEGE**

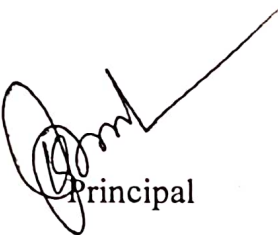
Bassi Kalan, Bari Brahmana, Samba

Ref.No. 2136-A/DLC/19.

Date: 28.05.2019

**NOTICE**

This is for the information of all the concerned that a Workshop on "Emotional Well Being and personality development" will be conducted on 30th May 2019 by Dogra Group of Colleges. The venue shall be Dogra Law College Auditorium. The resource person shall be Dr. Pooja Sharma (Relationship Counselor & Therapist).



Principal

Dogra Law College

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**Copy to:**

1. Secretary, Dogra Educational Trust – for information please.
2. Director, DGC & CD – for information please.
3. Notice Board, Dogra Law College – for information of all the concerned.

## Dogra Law College organises workshop on emotional well being and personality development

DH CORRESPONDENT  
JAMMU, MAY 30

Dogra Law College organised a workshop on "Emotional Well Being and Personality Development". The workshop was conducted by Dr. Pooja Sharma Relationship Counsellor and Therapist. She is also a motivational speaker and part of global goodwill Ambassador New Delhi, India. The students of all the three Colleges participated in the workshop. The speaker was accorded a warm welcome by the students, staff and management of Dogra Educational Trust. Prof. V.P. Magotra, Principal Dogra Law College, in his inaugural address welcomed Dr. Pooja Sharma and introduced the speaker to the students. He also gave his views



on the emotional well being of an individual and also encouraged the students to lead a happy and stress free life. Dr. Pooja Sharma in her presentation made the students familiar with the idea of being emotionally fit. She motivated the students to lead a healthy life both physically as well as mentally so that they can become responsible citizens of society. She explained that

due to some traumatic events in our life or due to being alone or because of the stress of job or studies and to overcome this she suggested that we should try to introspect and vent out the negative thoughts which crop up in our mind. She also defined different kinds of personalities and told the students that they should be confident and should never consider themselves unworthy "as you

decide what others will see in you". Later the concluding remarks were presented by Prof. S.K. Sharma, former State Information Commissioner and eminent Professor of Law. He said that we can learn a lot about emotional wellbeing from our scriptures and he talked about the concept of Mansa, Vacha and Karma.

Kr. Samar Dev Singh Charak, Secretary DET, Dr.

M.L. Sharma noted Cardiac Surgeon, Commodore Vivek Sharma, highly decorated Naval Officer, Col. Dr. K.N. Padha, Director Admn & CD DET, Ms. Bela Thakur, Principal DDC and Dr. Vikesh Kumar Sharma Principal, DCE and all staff members of Dogra Educational Trust were present during the workshop. The vote of thanks was proposed by Ms. Supreet Kour Lecturer in Dogra Law College.

# Dogra Law College

Bari-Brahmana, Jammu

## Extra Curricular Activity and Report

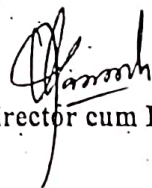
Name of the activity Workshop on Emotional well being and Personality Development.

Date of its Conduct: 30<sup>th</sup> of May, 2019.

Venue: DLC Auditorium.

Remarks: A workshop was held on the topic "Emotional well being and Personality Development" - the main resource person was Dr. Pooja Sharma - Relationship Counsellor & Therapist, who motivated the students to lead a healthy life. The function was also attended by Prof. S.K. Sharma, Secretary DET, Director DET, Principal DLC, teachers and students.

Signature of Teacher Concerned

  
Director cum Principal