



UNIVERSITY OF MYSORE
Department of Studies in Social Work
Manasagangothri, Mysuru.
Social Work Student Fouram-2020-21

Resource Person
Smt, Krithika A.M.
Freelance Trainer in Personality Development

Topic
TO MOTIVATE AND TO BE MOTIVATED

Presence
Dr. Chandramouli
Associate Professor and Chairman,
Dept. of Studies in Social work University of Mysore
Manasagangothri, Mysuru

Date :30/03/2021
Time :11.00AM

Place : Seminar Hall, DOS in Social Work Manasagangothri, Mysuru

Dr. Jyothi H.P.
Asst. professor And Co-coordinator
Social Work, Student Forum, Dept. of Studies in Social Work,
University of Mysore
Manasagangothri, Mysuru

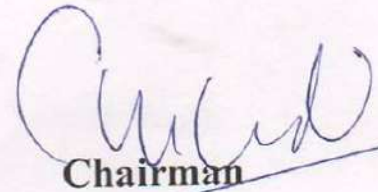
Faculty Members, Staffs, Research Scholars and Students
DOS in Social Work University of Mysore, Manasagangothri, Mysuru

REPORT ON FORUM ACTIVITY : 30.03.2021

RESOURCE PERSON : Smt. Krithika A.M., Freelance Trainer on Personality Development

Topic : "To motivate and to be motivated"

Smt. Krithika A.M., a Freelance Trainer on Personality Development was the resource person for today's forum activity. She explained about how social work profession helps others to help themselves. Social workers should motivate others to solve community problems. She told the students to develop new hobbies to stay motivated. According to the resource person, life itself is a biggest motivator and the hunger drive is the strongest. Ups and downs go hand in hand. Take life as a challenge. Be energetic and enthusiastic. Don't restrict yourself. She also gave inputs about attending interviews and self grooming. The students interacted actively and posed good number questions to the resource person. The resource person in turn has satisfactorily answered all those questions and indeed motivated majority of the students. Along with students the research scholars and guest faculties also have had participated in today's programme.



Chairman

Chairman
Department of Studies in Social Work
University of Mysore
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