

Department of Clinical Psychology

Brief Workshop Report: "You Are the Architect of Your Life"

A transformative workshop titled "*You Are the Architect of Your Life*", sponsored by RDI, was recently conducted to inspire and guide adolescents in the areas of personality development and career planning. The event saw active participation from around 20 students representing various schools across Chakrata and nearby blocks of Dehradun, reflecting a keen interest among youth in self-growth and future readiness.

The workshop aimed to empower participants by enhancing their understanding of personal strengths and exploring career pathways. A key highlight was a session on **diaphragmatic breathing and holistic health**, equipping students with practical tools for stress management and emotional regulation. In addition, sessions on **self-awareness and self-responsibility** emphasized the importance of making informed life choices and adopting a proactive mindset.

With its interactive format and focus on actionable strategies, the workshop provided a meaningful platform for adolescents to reflect, engage, and take charge of their personal and professional development.

Dr. Malini Srivastava
Head-Department of Clinical Psychology
HIMS-SRHU
Bottom of Form