

# SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant, Dehradun, 248016, Uttarakhand, India

**Date:** 16 November 2023

## NOTICE

The Centre for Professional & Communication Enrichment (C-PACE) is organizing a **Personality Development Workshop** for the students of HSST on the theme "*Conflict Resolution*". The session is designed to equip students with strategies for managing interpersonal differences effectively and respectfully.

### Workshop Details

- **Topic:** Conflict Resolution
- **Date:** 23<sup>rd</sup> November 2023
- **Time:** 11:00 AM – 1:00 PM
- **Venue:** HSST Seminar Hall
- **Resource Person:** Ms. Garima Kapoor

All concerned students are encouraged to participate in this engaging and skill-building session.

### Co-ordinated & Organised by:

Centre for Professional & Communication Enrichment (C-PACE)

  
**Ms. Garima Kapoor**  
*Career Counsellor,*  
*C-PACE, SRHU*

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## REPORT ON PERSONALITY DEVELOPMENT WORKSHOP

### THEME: CONFLICT RESOLUTION

The Centre for Professional & Communication Enrichment (C-PACE) conducted a Personality Development Workshop on 23<sup>rd</sup> November 2023 for the students of the Himalayan School of Science & Technology (HSST). The session, held at the HSST Seminar Hall from 11:00 AM to 1:00 PM, witnessed the active participation of 42 students.

The workshop, facilitated by Ms. Garima Kapoor, was centered on the theme “*Conflict Resolution*” and highlighted the importance of addressing interpersonal differences with empathy, respect, and effective communication. Ms. Kapoor explored the nature of conflict, its root causes, and constructive strategies for resolution, encouraging students to adopt proactive approaches in personal and professional settings.

Interactive activities formed a key part of the session. Students took a conflict management style quiz, engaged in peer role-play simulations, and participated in debriefing discussions guided by the facilitator, which helped them analyze different conflict situations and reflect on their responses.

Key highlights of the workshop included students gaining a deeper understanding of proactive communication, strengthening their empathy and problem-solving skills, and appreciating the practical applicability of conflict resolution techniques in real-world contexts. The session concluded with an emphasis on practicing these skills consciously to build healthier relationships and effective teamwork.



Learners engaged in meaningful peer to peer activity



Student exchanging ideas during group

  
**Ms. Garima Kapoor**  
Career Counsellor,  
C-PACE, SRHU