



Sinhgad Institutes

Sinhgad Technical Educational Society's
SINHGAD INSTITUTE OF MANAGEMENT
(Affiliated to Savitribai Phule Pune University, Approved by AICTE
& Accredited by NAAC)

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Activity Report

Activity Title	Workshop on Personality grooming through Grooming	Date & Time	25 th September, 2024 12:10 pm to 12:25 pm
Activity Category	In-house Activity	Activity Venue	Conference Hall, SIOM
Participants	Students/Faculty Members	Numbers of Participants	350
Name of the Trainer/Guest	Mr. Sachin Khilari	Faculty Coordinator	Prof. Mrunalini Velankar

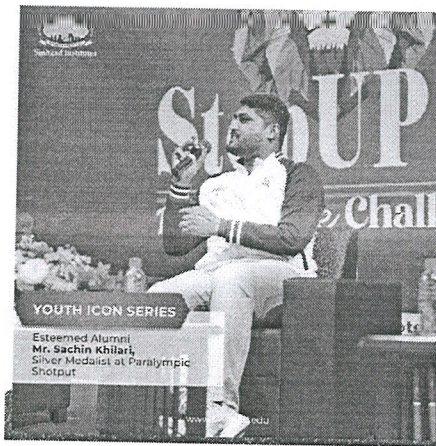
Description of activity in brief:

The session on "Personality Grooming Through Sports" aimed to explore the impact of sports on personality development and to highlight the key traits that can be cultivated through athletic participation. Mr. Sachin Khilari a Paralympic Silver medal winner addressed the students about how sports can impact one's personality and help gain fame. He stressed on explaining how sports can shape various personality traits such as discipline, teamwork, resilience and leadership.

Speaking about his journey as a paralympic participant at Paris Olympics he said that it was not easy to go through the entire journey. The discussions centered on recognizing and managing emotions during competition. The session highlighted the values of respect, fairness, and integrity in sports, and how these contribute to character building.

The session concluded with a summary of key points and a Q&A segment where participants shared their thoughts and experiences. The facilitator encouraged everyone to continue engaging in sports as a means of personal development and growth.

Photographs of the Activity



Mrunalini Velankar

Prof. Mrunalini Velankar
Activity Coordinator

Dr. Prachi Pargaonkar

Dr. Prachi Pargaonkar
Director, SIOM

