



HINDU COLLEGE

UNIVERSITY OF DELHI

Under

Vidya Vistar Scheme

Cordially invites all to a

2 Day Workshop

*In partnership with Internal Complaints
Committee, Hindu College*

*Topic: Overcoming Low
Self Esteem*



Partner Colleges:

1. North Kamrup Government College, Assam
2. Nar Bahadur Government College, Sikkim
3. Dorjee Khandu Government College, Arunachal Pradesh

Radhika Bali
Personality Sculptor &
Founder: Aks by Radhika

Date : 31/08/2022 – 01/09/2022 || Time : 04:30pm

Platform: Zoom 



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Content of the Workshop



Topic: Overcoming Low Self Esteem

Day 1

What is Appearance management and softskills?

- a. Self-esteem
 - b. Power of dressing
 - c. Behaviour: professional and social etiquette
 - d. Body language
- Few activities
Q&A

Day 2

Effective communication skills:

- a. Verbal Communication
- b. Non-verbal Communication
- c. Textual communication
- d. Art of small talk.

Few Activities

Summing up of the workshop

Q&A


 **Radhika Bali**

Personality Sculptor &
Founder: Aks by Radhika

Joining Participants and Representatives from:

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