ACTIVITY TITLE

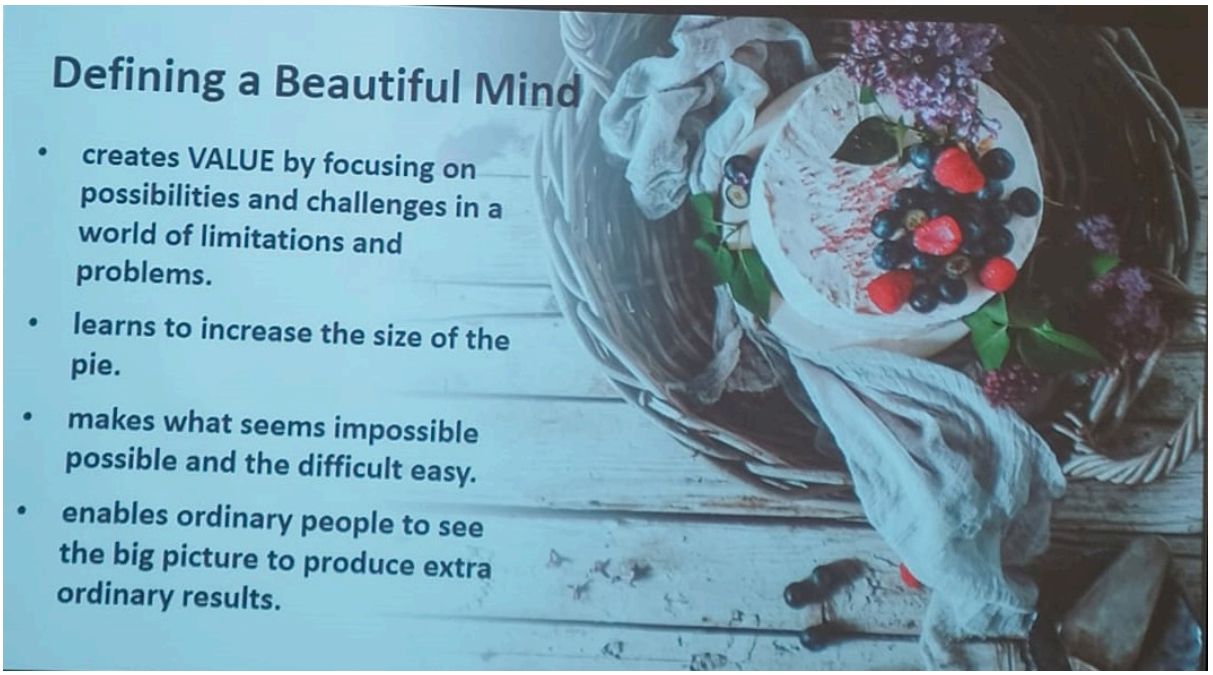
INTERACTIVE WORKSHOP ON BUILDING BEAUTIFUL MINDS

Date: 30.03.23

Resource Person: Mr. Muhammad Rashid Saeed, Corporate trainer, Certified Life/Success coach, Youth counselor, Head of International Marketing Khawaja Group of Companies, Pakistan

Report

The Women Development Centre, University of Education, Lahore organized an Interactive workshop entitled Building Beautiful Minds on March 30, 2023 in the New Academic Block of the UE, Township Lahore.



Dr. Aisha Mahmood, Assistant Professor, University of Education Lahore was the Resource Person of the workshop. Dr. Aisha Mahmood is an Engineering Educationist, Researcher, NYAS_STEM Scholar, Mentor & TRIZ Certified Practitioner and Trainer who has

extensively been involved in training teachers, managers and students of different National organizations and has particular interest in training individuals in ethics, mathematical thinking, design thinking, inventive problem solving (TRIZ), students'/teachers' personas, blended learning, change models and Islamic pedagogy.



The purpose of the workshop Building Beautiful Minds was to emphasize the importance of living a purposeful life. More than 80 students from different departments and programs of University of Education Lahore participated in the workshop. The resource person reflected on different levels of living i.e. survival level of living, success level of living and significance level of living. It was emphasized that our worldview determines our decisions, our relationship; our level of confidence and really everything in our life.



The resource person highlighted that a beautiful mind is what converts the impossible into possible. A person with a beautiful mind also enables ordinary people to see the big picture. Rather, living a need based life, living a value based life is what we should strive for. The

strategy to develop a beautiful mind is to achieve personal excellence. Teamwork is very important in this regard. To influence others leadership is another important thing.



The workshop ended with the distribution of certificates among the participants.