



## REPORT ON VISIT OF SAINT SOLDIERS SCHOOL STUDENTS AT SCHOOL OF DESIGN, POORNIMA UNIVERSITY

Faculty Involved	Ms. Lalitha Lakshmi, Ms. Shikha Singh, Ms. Prabha Sharma, Mrs. Shivani Gelera, Mr. Sunil Kumavat
No. Of Students Visited	Over 80
Date	22/12/2017

### **Objective of activity**

This visit was organized regarding, Career Prospects & Stress Management before and during examinations. A session was taken by Ms Shikha Singh on the broader purview of Design in the technical, non-technical and creative profession. During the session, students were exposed to various career prospects after 12th and how they can identify their strength and weaknesses by introducing few creative exercises into their lifestyles. There were 2 workshops conducted simultaneously, Origami and Charcoal Newspaper Collage by the faculties Ms Lalitha Lakshmi and Mr Sunil Kumavat. The objective of the activity was to help the students to release stress.

### **Outcome of activity**

This activity helped the students to work effectively on examination stress management. It helped the students understand how a simple activity can be used as a stress buster and can help them focus on their aims. The students were explained how to utilize these skills to develop a brighter future for themselves, regardless the profession they are in.

Other than this, the students were taken to a short tour of the School of Design and were shown classes and the work of the Design students. This activity created an awareness of Design studies and also how Design can be a career option, be it in Fashion, Interiors or other related professions.

# PICTURES CLICKED DURING THE VISIT OF THE SCHOOL STUDENTS

