

Workshop 22

Life Challenges and Motivation

By Col. Sunil Brijkrishan

Entering the room with boundless energy and enthusiasm, sir initiated the session on vital life skills. He emphasised mastering English by delving into phrase origins, accompanied by his personal triumphs and army adventures. These captivating tales inspired us, underscoring the significance of adaptability in our lives ever-changing landscape. Challenges can be daunting, but they also present opportunities for growth and self-improvement. Motivation plays a crucial role in overcoming these challenges. The session taught us that embracing challenges with a positive and motivated mindset can lead to personal and professional growth, ultimately shaping a fulfilling and successful life.

