

## Activity Report



**Quality Education – Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all**



<b>Name of the Event</b>	One-day skill Development workshop on Promoting Creativity in everyday life
<b>Department</b>	Department of Psychology
<b>Date (or Period)</b>	8/07/2024
<b>Organizer (Name of the University)</b>	Deen Dayal Upadhyaya Gorakhpur University Gorakhpur
<b>Online/Offline Mode</b>	Offline Mode
<b>Brief Write-up in English</b>	<p>The Department of Psychology organized a <b>One-Day Skill Development Workshop on Promoting Creativity in Everyday Life</b> to encourage innovative thinking and problem-solving in daily situations. The workshop focused on techniques to enhance creativity through mindfulness, brainstorming, divergent thinking, and overcoming mental blocks. Interactive activities, group tasks, and real-life scenarios were used to engage participants and stimulate creative expression. The session was insightful and energized students to apply creative approaches in academics and personal life.</p>