

**“3 DAYS CAPACITY BUILDING WORKSHOP”**  
**SINDH FOUNDATION PROGRAM (SFP)- BATCH 2014**  
**INSTITUTE OF BUSINESS ADMINISTRATION KARACHI**  
**16<sup>th</sup> – 18<sup>th</sup> January, 2014**

**Youth Development Centre (YDC), Murree (Punjab)**

A journey by bus is definitely an amusing experience. The students of Sindh Foundation program-Batch 2014 got the rare opportunity of visiting Murree. The 3 days ‘**Capacity Building Workshop**’ sponsored by the Punjab Educational Endowment Fund (PEEF) IBA Karachi & Government of Sindh was attended by the Sindh Foundation Program students of Batch 2014 from 16th to 18th January, 2014. The objective of the workshop was to train the high achievers for the Soft Skills and Personality Development (Communication, Leadership, Thinking, Presentation Skills, Psychological Assessment / Personality Profiling). This training was held at the Youth Development Center (YDC), a state of the art, residential training facility in Punjab House, Murree. The trip was accompanied by the Coordinator – Dr. Zeenat Ismail (Professor, Department of Social Sciences & Liberal Arts).



A 3-day journey, that has left its mark on the students, started off with full excitement on January 16, 2014. Speakers from diversified fields came over to enlighten the students and gave a new direction so as to channelize their vision. Outdoor activities like Bonfire, Walk of Punjab house, Opportunity to participate in the PTV program ‘Young World Program’, Visit to Wild Life Park & Mall Road etc. gave the students an ample chance to enjoy to the fullest. Firsthand information was provided to students on different topics related to Internal & External securities Issues of Pakistan. Stress management & Personality Development examples were also shared with the students to how to develop their skills to improve their personality and manage their stress.

**GLIMPSE OF THE YDC WORKSHOP, MURREE**



***Session with Mr. Munir Ahmed on Internal & External Security Issues of Pakistan***



***Visit to Wild Life Park, Murree***



***Walk to Punjab House Murree***



*Participation in the PTV Young World Program*



*Visit to Mall Road, Murree*



*Session With Dr.Amir Jafery on Communication Styles*



*Session with Prof. Tauqeer Saleem Khan on Stress Management & Personality Development*



*Session with Syed Hussain Haider on Leadership Models, Motivation, EQ, PQ*



*Session with Col. Riaz Ahmed on Addictions in our Life*



***Session with Mr. Hussain Ibrahim on Human Rights***



***Group Photograph of SFP Students –Batch 2014***



***Snow fighting Activity lead by Syed Hussain Haider***