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1.	PROGRAM'S TITLE
	The Truth Untold
2.	INTRODUCTION PROGRAM
	<p>It is a podcast about one's self-recollection about previous experiences of being a narcissist/ showing acts of narcissism so that one can improve himself or herself.</p> <p>The purpose of the program was to be aware about the act of narcissism in daily life, to look neutrally at the validity of our thoughts, feelings and emotion and challenge ourselves to think up of past actions related to narcissism.</p>
BASED ON YOUR TASK IN THE PROGRAM	
3.	PREPARATION OF THE PROGRAM
	<p>Participants are requested to fill in the google form about experiences of being narcissists in their childhoods and encouraged to join the podcast and eligible to redeem the prize if awarded. Alya, Shazwani and I received the responses and selected the stories we liked. We read through them to decide what responses we should give. Secondly, the prizes were chosen beforehand.</p>
4.	DURING THE PROGRAM
	<p>The program was held on Instagram Live at 3pm Friday MYT. At first, we discussed the stories and experiences with narcissism with everyone. We tried to be empathetic with everyone, as they were unsocial, depressed and in need of counseling. There were prizes for 5 selected self reflection (who also joined the podcast).</p>
5.	AFTER THE PROGRAM
	<p>We congratulated everyone working on the podcast. Alya saved the video on Instagram, and my task was to upload it on Facebook. Finally, we wrapped things up by saving screenshots of the meeting and making concluding remarks on future improvements..</p>

