A
Report
On
Personality Development Program

From

Sep 02 ,2024 - Sep 28,2024

Organized by

Training and Placement Department

Shri Guru Ram Rai University

by

Naandi Foundation

<h1 align="center"><u>Report of the event</u></h1>

Program Details:

- **Duration:** September 2, 2024 - September 28, 2024
- **Schools Involved:**
  - School of Management & Commerce Studies
  - School of Agriculture
  - School of Education
  - School of Computer Sciences
  - School of Applied Sciences
- **Participants:** Final year students from various undergraduate and postgraduate programs.

Introduction:

The Training and Placement Department of Shri Guru Ram Rai University, in collaboration with the Naandi Foundation, organized a *Personality Development Program (PDP)* aimed at enhancing the personal and professional skills of students. The program took place from September 2 to September 28, 2024, and was conducted across different schools of the university, focusing on equipping students with essential soft skills such as communication, leadership, time management, and stress management.

Program Objectives:

- To boost students' self-confidence and self-awareness.
- To enhance communication and interpersonal skills.
- To develop leadership and teamwork abilities.
- To prepare students for professional interviews and workplace success.

Program Highlights:

The *Personality Development Program* was structured into a series of interactive and hands-on sessions led by experienced trainers Mrs. Anubha Nagal , Mrs. Kirti , and Mrs. Reenu Sharma. The program was designed to address various aspects of personality development and included practical exercises that engaged students from different disciplines.

1. **Self-Awareness and Confidence Building**
   - Introduction to self-assessment techniques.
   - Activities aimed at boosting confidence and self-esteem.
   - Recognizing personal strengths and areas for growth.
2. **Communication Skills Enhancement**
   - Developing verbal and non-verbal communication skills.
   - Role-plays, group discussions, and public speaking practice.
   - Tips on effective listening and clear articulation.
3. **Leadership and Teamwork**
   - Understanding different leadership styles.

      o   Importance of teamwork and collaboration in achieving goals.
      o   Group exercises to demonstrate leadership in action.

4. **Time Management and Goal Setting**
   - Strategies for managing time efficiently.
   - Setting realistic and achievable personal and professional goals.
   - Overcoming procrastination and maintaining focus.

5. **Stress Management and Emotional Intelligence**
   - Techniques to manage stress and maintain mental wellness.
   - Role of emotional intelligence in handling workplace pressures.
   - Introduction to mindfulness and relaxation techniques.

6. **Interview Preparation and Resume Writing**
   - Crafting an impressive resume and cover letter.
   - Mock interviews with feedback from trainers.
   - Techniques to excel in job interviews and group discussions.

Feedback and Outcomes:

The program received highly positive feedback from students, with many expressing that it significantly improved their confidence and professional preparedness. The interactive nature of the sessions, combined with real-world applications, helped students grasp essential skills more effectively.

Conclusion:

The *Personality Development Program*, organized by the Training and Placement Department and supported by the Naandi Foundation, successfully achieved its goals of fostering personal and professional growth in students. The expert guidance of Mrs. Anubha Nagal, Mrs. Kirti and Mrs. Reenu Sharma was instrumental in delivering a high-quality learning experience. The program has set a strong foundation for future initiatives aimed at enhancing students' employability and career readiness.

Acknowledgements:

We extend our sincere thanks to Mrs. Anubha Nagal , Mrs. Kirti and Mrs. Reenu Sharma for their valuable contributions to the program. Special thanks to the Naandi Foundation for their continued support and to the Training and Placement Department of Shri Guru Ram Rai University for their efforts in organizing this successful event.

Personality Development Program Notice

Aug 29, 2024

Training and Placement Cell
Soft Skill Training Program
Organized by Training & Placement cell
Supported by Nandi foundation

NOTICE

This is to inform that we are starting PDP batches from Sep 2,2024 for interview preparation of students. The classes will be conducted for Six days from 10.00 am to 5.00 pm. This program is for all school students and for all batches.

We need the following details
1. **Student Name**
2. **Branch**
3. **Adhaar card No.**
4. **Contact No.**
5. **Email Id**
6. **Date of Birth**

Interested students can register on the link below:
https://docs.google.com/forms/d/e/1FAIpQLSdQfaTMg96aP2Q9eQvaexhHIWMkgmc_QdHSypskRmXUzKgHAw/viewform?usp=pp_url

The Mahindra Pride Classroom aims to help students to:
· Develop an identity and improve their self-esteem.
· Manage emotions and overcome obstacles.
· Build relationships and polish their interpersonal skills.
· Enhance and improve employability skills.
· Improve personal and professional effectiveness

What does the Mahindra Pride Classroom programme consist of?
· Life Skills - compassion, respect, gratitude, being a responsible global citizen
· Soft Skills - grooming, body language, teamwork, time management, social manners, etc.
· Communication Skills - functional English and the ability to express themselves clearly in the local language
· Presentation Skills - speaking clearly, coherently and confidently.
· Interview Skills - resume preparation, interview questions, mock interviews

The colleges will source the students for the training program by providing necessary filters to select deserving students.

a.) They will be grouped into batches of maximum 50.

b.) The students will be trained on the skills suggested in the plan accordingly.

c.) After the session a post assessment test will be conducted

d.) Trainers will be deployed by Mahindra Pride Classroom depending on the number of batches.
e.) Naandi will conduct *'Train the Trainers'* before the start of the program.
f.) Distance tracking reports and daily attendance will be administered.
g.) Classes shall be conducted within the premises either in class rooms or in the Soft Skills lab.

h.) For English sessions, Naandi Foundation shall use the Language lab and the Computer lab available in the college.

i.) Project should be completed just before the placement drive starts for effective results.

j.) Mahindra Pride Classrooms shall not charge any fee for the program since it is part of the CSR program of the Mahindra and Mahindra Group.

k.) Mahindra Pride Classroom will provide training certificates to the candidates.

Framework for 40 hours - Offline Sessions				
Program Goal	1. To help students overcome their fear of speaking in English			
	2. To instill confidence in students and make them socially aware and responsible citizens			
	3.To equip learners with the necessary skills and knowledge required to enhance their employability and succeed in the job force			
	4. To increase students employability quotient			
Day	**Sl.No.**	**Session Title**	**Duration**	**Skill**
1	1	I am Unique	2 hrs	Life Skill
	2	Body Language& Professional grooming	2 hrs	Soft Skill
	3	Model to Mould	2 hrs	Interview Skill
2	4	English - Language for Career	2 hrs	Communication Skill
	5	Digital Identity	2 hrs	Life Skill
	6	My favorite Teacher!	2 hrs	Soft Skill
3	7	Creating a PPT	2 hrs	Soft Skill
	8	Group Discussion	2 hrs	Interview Skill
	9	Embracing Change	2 hrs	Life Skill
4	10	Art of Speaking	2 hrs	Soft Skill
	11	Creativity & Innovation	2 hrs	Life Skill
	12	Problem Solving	2 hrs	Life Skill
5	13	PPT Presentation	2 hrs	Presentation Skill
	14	Handling workplace conflict	2 hrs	Life Skill
	15	Emotional Intelligence	2 hrs	Soft Skill
5 days|20 Sessions|40hours|				

In Life Skills training, following topics are covered:
1. Organizational Structure
2. Public Speaking
3. Presentation Skills
4. E-mail Etiquette
5. Grooming
6. Group Discussion
7. Personal Interview
8. Assessment will be conducted on Group Discussion and Personal Interview.

There is no fee for this training program.

For any queries , you are requested to contact undersigned.

<u>Glimpse of Personality Development Program</u>

Dehradun, Uttarakhand, India
SGRR University Patel Nagar, Dehradun, 248001
Lat 30.305161°
Long 78.016585°
10/09/24 10:53 AM GMT +05:30

Dehradun, Uttarakhand, India
Government Industrial Estate, Shri Guru Ram Rai Institute Of Medical And Health Sciences, 174, Saharanpur Rd, Chamanpuri, Patel Nagar, Dehradun, Uttarakhand 248001, India
Lat 30.30519°
Long 78.016462°
09/09/24 10:53 AM GMT +05:30

Dehradun, Uttarakhand, India
Government Industrial Estate, Shri Guru Ram Rai Institute Of Medical And Health Sciences, 174, Saharanpur Rd, Chamanpuri, Patel Nagar, Dehradun, Uttarakhand 248001, India
Lat 30.305175°
Long 78.016516°
09/09/24 10:45 AM GMT +05:30

Dehradun, Uttarakhand, India
380, Niranjanpur, Dehradun, Uttarakhand 248001, India
Lat 30.304668°
Long 78.01641°
04/09/24 10:53 AM GMT +05:30

GPS Map Camera