Workshop on Personality Development

Report

Two day workshop held on 12-13 December, 2019

Resource Person: Dr Kamayani Bisht: Associate professor in English: GC Theog

Two day workshop was conducted for final year students of NSS and NCC units of the college. The workshop was jointly coordinated by Dr Meenakshi Sharma and Lt Dr Poonama Verma. The workshop was attended by 260 volunteers, cadets and rovers and rangers of the college. The Resource person, Dr. Kamayani Bisht from Govt. College Theog said, personality development refers to the process of enhancing and improving one's personal and professional traits, such as communication skills, confidence, leadership, time management, and emotional intelligence. A well-developed personality can help individuals build better relationships, make positive impressions, and achieve success in their careers.

She said the most important objectives of the workshop were:

Improved communication: Developing effective communication skills can help individuals express their ideas and thoughts clearly and confidently, which is essential for building relationships and advancing in their careers.

Enhanced confidence: A well-developed personality can help individuals feel more confident in their abilities, leading to better performance in their careers.

Leadership skills: Developing leadership skills can help individuals manage teams, motivate employees, and make strategic decisions in their careers.

Time management: Improving time management skills can help individuals prioritize tasks, meet deadlines, and achieve their goals in their careers.

Emotional intelligence: Developing emotional intelligence can help individuals manage their emotions, understand others' perspectives, and build positive relationships in their careers.

During the two days of the workshop, some activities that she engaged the students with were:

Icebreakers: She started the workshop with icebreaker activities to help participants get to know each other and feel more comfortable including introductions, group games, and team-building exercises.

Self-assessment: Gave personality tests, skill assessments, and goal-setting exercises to participants to complete a self-assessment to identify their strengths and weaknesses.

Role-playing: Used role-playing exercises to help participants practice effective communication and interpersonal skills. These included scenarios related to conflict resolution, giving feedback, and making presentations.

Group discussions: Organized group discussions to teach and demonstrate learning and knowledge-sharing among participants to encourage leadership, time management, and emotional intelligence.

Feedback sessions: Conducted feedback sessions for participants to give and receive feedback from each other. This included peer evaluations, constructive criticism, and positive reinforcement.

Problem-solving exercises: Did problem-solving exercises to help participants develop critical thinking and decision-making skills, like brainstorming sessions, and simulations.

Personal reflection: In the end, participants were given time for personal reflection to help them integrate their learning and insights into their daily lives. This was done through journaling, mindfulness exercises, and goal-setting activities.

Mindfulness exercises: meditation, deep breathing, and visualization to help participants reduce stress and improve focus and concentration.

Personal branding exercises: She trained participants to develop their personal brand, by defining their values, strengths, and unique selling points.

Public speaking exercises: Used public speaking exercises like extempore speaking, speech writing and delivery, and body language awareness to help participants improve their presentation and public speaking skills.

Team-building exercises: Included team-building exercises that helped participants develop their teamwork and collaboration skills.

Creative exercises: encouraged participants to think outside the box and develop their creativity. This included storytelling exercises, and visioning activities.

Post workshop feedback gathered from the students shows that they enjoyed the interactive nature of the workshop and wanted more such fun-learning sessions to be conducted in the college.