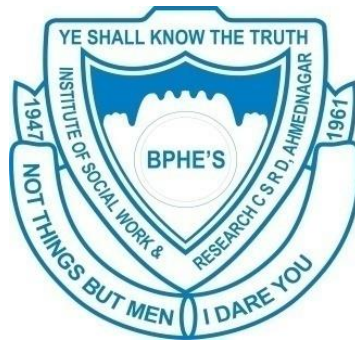


**BPHE Society's
Centre for Studies in Rural Development
Institute of Social Work & Research**



**A SUMMARY REPORT ON:
WORKSHOP ON PERSONALITY DEVELOPMENT**

ORGANISED BY:
STUDENT DEVELOPMENT COUNCIL (SDC)

DATED:
10TH FEBRUARY 2018

TIME:
9:00 AM – 5:00 PM

VENUE:
CSR-D-ISWR INSTITUTE BUILDING

RESOURCE PERSONS & TOPICS:
Prof. Radhika Mulay – “Time Management and Positive thinking”.
Mr. Devashish Shedage – “Grooming and Personality Development.”
Dr. Rucha Tandulwadkar – “Life Skills”.

INTRODUCTION

The Student Development Council of CSR-D-ISWR had organized a one day workshop on "Personality development" on 10th Feb.2018 for the MSW 1st Year students. Personality development is the development of the organised pattern of behaviours and attitude that makes a person distinctive. Personality development incurs by the continuous interaction of temperament, character and environment.

The objective of this workshop was to develop the students spiritually and build self-confidence, enhance self-esteem and improve overall personality. The programme aimed at grooming the students through sensitizing them about proper behaviour, socially and professionally in both formal and informal circumstances. Prof. Radhika Mulay, Mr. Devashish Shedage and Dr. Rucha Tandulwadkar were the resource persons on this special event.

SESSIONS' HIGHLIGHT:



Inauguration of the Programme:

The Programme was inaugurated by garlanding a photo of Dr. Bhaskar Pandurang Hivale; the founder of BPHE Society and the CSR-D-ISWR and lighting the Inauguration Lamp by the director



of the institute Dr. Suresh Pathare, and accordingly Prof. Radhika Mulay; resource person and Asst. Prof. Aasawari Zapake; student development council officer.

The SDC officer, Asst. Prof. Aasawari Zapake felicitated the resources person and the director of the institute.

The Director of the institute, Dr. Suresh Pathare welcomely facilitated the students to make the workshop meaningful. In his short address he said, "Personality should be like a magnet, which means attracting people towards oneself to learn something. And for that personality, students needed to be groomed". Further he added, "There are certain values like way of talking, behaving and dress code which shows one's personality that relates oneself to other". He concluded hoping for the change in students.

SESSION - I

Time: 9:00 AM – 11:00 AM

Topic: Time Management & Positive Thinking.

Resource Person: Prof. Radhika Mulay, MBS

Session's Coordinator: Ms. Aiman Shaikh

Personality is whatever one thinks, s/he should be able to convey it. Speaking on time management she gave a task to the students of closing their eyes for one minute and to think whatever comes in their mind, through this the students realised that when it comes to closing eyes for one minute it seems a long period of time. She said, "Time management is setting priorities and taking charge of the situation and time utilization". She advised the students to spend every second in an efficient and productive way. She highlighted the major source of time management problems and solutions to them.



Sr. No.	Major source of time management problems	Solutions to go with time management
1	Unclear objectives	SMART Goal settings- SMART work
2	Disorganised	Working with To Do list
3	Paper work	Computerized
4	Procrastination	Time to time work
5	Lack of concentration etc.	Focus and concentration etc.



SESSION - II

Time: 11:30 AM – 1:30 PM

Topic: Grooming and Personality Development.

Resource Person: Mr. Devashish Shedage, M.TECH.

He addressed on preparation for job interview and business pitch. He presented some photos of great CEOs like Vijay Shekhar CEO of Paytm, Mark Zuckerberg CEO of Facebook and many more; these all persons had one unique and common thing, 'smile'. He added that a 'smile' can lead a person towards success. So he advised the students to keep a smile on face every time and never cry for the same problem several times. To face job interviews he presented the rule of ABC. i.e. Appearance, Body language and Communication.



Appearance	Body language	Communication.
<ul style="list-style-type: none">• Clean face• Smiling face• Ironed and formal cloths• Polished shoes• Well set hair	<ul style="list-style-type: none">• Sit and stand upright• Firm Handshake• Attentive• Look in the eye when spoken to• Never keep arms crossed or wrists or keep them in pockets.	<ul style="list-style-type: none">• Don't speak too loud or too low.• Speak clearly.• Don't use your phone while talking to someone.• Don't interrupt people when they speak.• Listen carefully before responding.

- Gillette Guard, "Shave for success" demonstration.



SESSION – III

Time: 2:30 PM – 5:00 PM

Topic: Life Skills

Resource Person: Dr. Rucha Tandulwadkar, MBA, Ph.D.

Session's Coordinator: Ms. Swapna Dhage

Addressing the gathering she spoke on life skills. Life skills are abilities for adaptive and positive behaviour that enables humans to deal effectively with the demands and challenges of life. She spoke about SWOT (strengths, weakness, opportunities and threats also called as challenges in today's life) analysis and ask the students to do SWOT analysis of themselves. Through this analysis one can realize about their inner qualities i.e. strengths and weaknesses. Everyone has different qualities and has own uniqueness. So there is a need of push up to bring a good change. She gave some good examples of life skills like Sakshi Malik who won Bronze medal in 2017 Olympic, Arunima Sinha who climbed up the Mt. Everest despite of her disability.



Further, she briefly spoke about 4 H models of Life Skills which are Head, Heart, Hands and Health. She also spoke on creative thinking and multi-tasking personality.

Conclusion:

It was a great day of learning and exposure about personality development which would help the social work students to bring change within themselves and among people. The programme ended up with vote of thanks by one of the students followed by concluding speech by Asst. Prof. Aasawari Zapake, SDC officer and short feedback session from the students led by Asst. Prof. Pradeep Jare, Class Coordinator.

Recorders:

1. Bijitshrang Narzary
2. Urunima Goyary
3. Indumati Patil
4. Swapna Dhage