



IIC – NCMS
In association with
Disha Bharat
organises

Personality Development Workshop

Date : 19th December 2022
Venue : Auditorium





NAGARJUNA COLLEGE OF MANAGEMENT STUDIES

Affiliated to Bengaluru North University, Recognized by the Government of Karnataka)
Chickamarali Village, Doddamarali Post, Nandi Hobli, Chikkaballapura Taluk & District -562101



PERSONALITY DEVELOPMENT WORKSHOP (DISHA BHARAT)
In Association with IIC- NCMS

Date: 19th December 2022

Time: 9:30 AM to 04 PM

Venue: Seminar hall, Autonomous block.

Resource persons: Lavanya Radhakrishna, Sneha Damle and Sushma Gubbi (Disha Bharat)

No of Participants: 70

No of Beneficiaries: 70

OBJECTIVES:

- To unleash the inner potential by building self-confidence.
- To make use of the student life for the benefits on the self and society.
- To evolve into good leaders in the chosen field.
- To lead a purposeful life on the strong foundation of values.

BRIEF WRITE UP ABOUT THE PROGRAMME:

Personality development workshop mainly emphasized on activity based learning with unique blend of fun and learning. Workshop started at 9:30 A M starting with "holistic wellness" session which aimed at developing physical, emotional, intellectual and spiritual quotient through yogh. Followed by "self-awareness" session, where students were given self-awareness questionnaire to answer which enabled them to manage their emotions, overcoming distractions, developing positive attitude and goal setting. Followed by another session "my nation my pride" which was basically quiz about our country which ignited patriotism in students, to bring pride in Indian culture and heritage.

After the lunch break programmed was restarted with session on "student social responsibility", where they showcased great everyday leaders we see in our lives through videos to build leadership skills to become catalysts of social change. Followed by "group dynamics" session


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through group activities that enhance leadership, interpersonal and team-building skills. Last session was “values- foundation for success” that unleashed the inner potential to lead a purposeful life. Finally program was winded up by taking feedback from students.

LEARNING OUTCOMES:

- They were able to improve the confidence level among the students.
- The students were kindled the spirit of patriotism.
- Students were equipped with values and skills for personal and professional excellence.

STUDENT FEEDBACK:

QUESTIONS	EXCELLENT	VERY GOOD	GOOD	POOR	TOTAL
How did you like the session on : [Yoga-Pranayama]	74%	16%	10%	0%	100%
How did you like the session on : [Group Counseling / Self-Awareness]	74%	14%	12%	0%	100%
How did you like the session on : [Namaste India Quiz]	86%	14%	0%	0%	100%
How did you like the session on : [Audio Visual Session]	78%	22%	0%	0%	100%
How did you like the session on : [Games]	87%	9%	4%	0%	100%
How did you like the session on : [Final Session-Success]	91%	9%	0%	0%	100%

Workshop on Personality Development



Geetha
Report prepared by
Geetha S R

[Signature]
19/12/2023
IIE-NCMS convener

[Signature]
Principal
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