



MES COLLEGE ERUMELY

PERSONALITY DEVELOPMENT PROGRAM

REPORT

MES College Erumely along with CDC organized a personality development 13th July, 2018. Amrutha V Nair, trainee of ASAP was the chief guest of the program. It was a 2 hour class. The main objective behind this program was to familiarize the students with the emerging ideas and trends on how to develop personality. This program enhanced the students in advance their communication and interpersonal skills, to enrich their academic language skills etc. The class helped the students to evaluate themselves personally and socially.

The program started with a formal inaugural function. Later the microphone was handed to Amrutha V Nair. The class began with the icebreaking session. She discussed with the students about the academic writings and attitude of students towards teachers. The importance of understanding own self was explained by her. The importance understanding one's self and nurturing it can help to create a fine human being. One must find the skills of their own and nurture it. She mentioned the crucial parts of communication skills which are listening and attention. Later she explained the barriers of communications. She explained about 'Time Management'. She discussed about the strategies of planning one's future and profession and to set a goal and work accordingly. She mentioned to be 'true to own self'. Being a social animal one must know how to interact with everyone.

Last session was feedback. Students asked many doubts related to skill developments and choosing the best career. She cleared all the doubts. The program was very useful for the students. The college must conduct more programs like these.



Anil
 Prof. (Dr.) ANIL KUMAR S
 PRINCIPAL
 MES COLLEGE ERUMELY