

Sadhu Vaswani (Autonomous) College

Sant Hirdaram Nagar, Bhopal 462030



Soft Skill and
Personality Development program

PRINCIPAL

Sadhu Vaswani Autonomous College
SANT HIRDARAM NAGAR
BHOPAL-462030

SADHU VASWANI AUTONOMOUS COLLEGE, BAIRAGARH,
BHOPAL

Personality Development Program (Certificate Course)

S. No	Session	Date / Durations	Name of Program	Total Students Enrolled	Name of Consultants with Contact no.
1	2017-18	1 st to 31 th August	Personality Development Program 4 Weeks	34	Mr. H.K.D.Joseph Mob. 9619759337
2	2018-19	15 th September to 15 th October	Personality Development Program 4 Week	38	Mr. H.K.D.Joseph Mob. 9619759337
3	2019-20	04 th to 11 th December 2019	7 Days workshop on "Personality Development"	108	Mr. H.K.D.Joseph Mob. 9619759337
4	2019-20	27 th to 31 th January 2020	5 Days workshop on "Bank Exam Preparation"	49	Mr. Jeevan Aswani (Chief Manager SBI) Mob. 7999834831
5	2020-21		No program Conducted Due to COVID -19	-	-


प्रधान/सचिव विभाग
साधु वासुदेवजी स्वामीजी प्रतिष्ठान
संन विद्यालय जगत, बैरागढ़ (भोपाल)

REPORT ON PERSONALITY DEVELOPMENT PROGRAMME-ONE MONTH

AUGUST 2017-18

BY-Mr.H.K.D JOSEPH

One month Certificate Programme was organized by “Personality Development Committee” in Sadhu Vaswani College. The speaker of the programme was Mr.H.K.D JOSEPH. The main objective of the programme was to familiarize participants with the emerging ideas and trends on how to develop personality in 21 st century contexts. The programme also aimed to teach participants to work with various professionals, people and groups to understand the meaning of life and work in present context; to enhance their communication skills; and interpersonal skills in order to function in professional and social settings effectively.

Total no. of students-34

Personality Development Programme module for Sadhu Vasvani College, Bhopal

1. Self Awareness (6 sessions)
 - a) Importance of Prayer and Positive Thinking
 - b) Exercise on Happiness Quotient
 - c) Family Tree
 - d) Attitudinal Development – Exercises
 - e) Bio-Magnetism
 - g) Potential Appraisal -Exercises on Left/Right Brain
2. Emotional Management (2 sessions)
 - a) Maslow's Hierarchy of Needs
 - b) Pavlov's Theory of Conditioning
 - c) Ego States
3. Personal and Business Etiquette (4 sessions)
4. Communication Skills (4 sessions)
 - a) Self Introduction
 - b) Exercises for Skill Development
 - c) Power of Silence
 - d) Importance of Verbal/Non-Verbal Communication
 - e) Body Language
 - f) Voice, Pitch and Modulation
 - g) Public Speaking/Presentation Skills
 - h) Group Discussion
 - i) Facing Interviews
5. Inter-Personal Skills (4 sessions)
 - a) Anger Management
 - b) Stress Management
 - b) Team Work
 - c) Type 'A' and 'B' Personalities
6. Time Management (2 sessions)

Maslow's Hierarchy of Needs



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kushwah

RIGHT-BRAIN FUNCTIONS

- Art awareness 7
- Creativity 8
- Imagination 8
- Intuition 4
- Insight 8
- Holistic thought 7
- Music awareness 8
- 3-D forms 7
- Left-hand control 5

Total

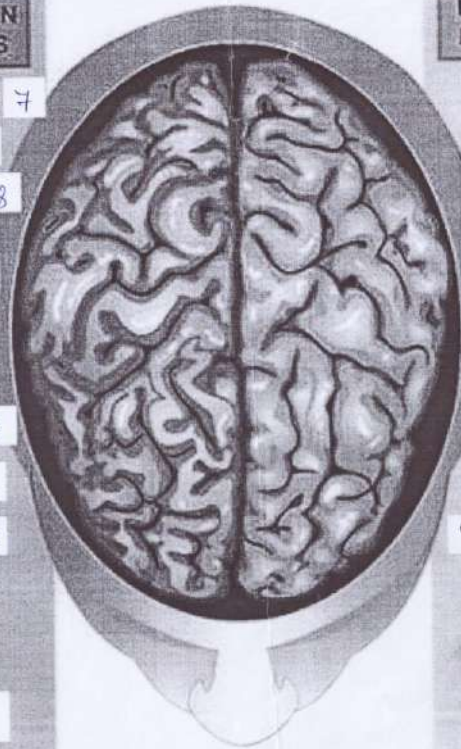
65

LEFT-BRAIN FUNCTIONS

- Analytic thought 7
- Logic 8
- Language 5
- Reasoning 8
- Science and math 7
- Written 7
- Numbers skills 7
- Right-hand control 9

Total

58



Difference Between Type A and Type B Personality

A Study by Surbhi S

Based on personality, people can be bifurcated in two categories i.e. Type A personality and Type B personality. It is the most common individual level stressor and explains two different types of personality. These are known to influence the possibility of an individual's acquiring health related problems like heart ailments. Type A people are highly competitive, self-critical. They continuously strive for goals without paying much attention to efforts and accomplishments. Type B individuals are usually more tolerant, relaxed, reflective than Type A. So if you are concerned about which personality type you carry, take a glance at the article excerpt and identify yourself.

Definition of Type A Personality

Type A personality implies a temperament which is stress prone, concerned with time management. They are ambitious, rigidly organised, hard-working, anxious, highly status conscious, hostile and aggressive. Individuals who possess Type A personality have the following behavioural patterns:

- They move, walk and eat fast.
- Great at multitasking.
- Self-driven feels guilty when relaxing.
- Feels impatient with the pace of things, dislikes waiting.
- They have a busy schedule and do not have time to enjoy.
- Use nervous gestures like clenched fist or banging hand on the table.
- They are high achievers, perform beyond par.
- They do not easily accept failures.

Definition of Type B Personality

Type B personality is one that is less prone to stress, easy going, work steadily, enjoy achievement, modest ambition and live in the moment. They are social, creative, thoughtful, procrastinating. Individuals who possess Type B personality are associated with the following behavioural traits:

- They are not concerned about time.
- They compete for fun, not to win.
- Mild-mannered.
- Never in a hurry and have no pressing deadlines.
- Do not brag.
- Focus on quality rather than quantity.
- Laid back and live stress-less life.

Conclusion:

So with the above discussion you might have identified as to which personality type is yours. If you belong to Type A personality you need to be more cautious as they are more prone heart diseases as compared to Type B individuals. These two personality types are diametrically opposite of each other wherein one dislike failure and work hard to avoid it, while one is not even affected by it.

Sadhu Vaswani (Autonomous) College

Sant Hirdaram Nagar (Bairagarh) Bhopal 462030
Affiliated to Barkatullah University, Bhopal
Govt. Aided & NAAC Accredited 'A' Grade College



CERTIFICATE

This is to Certified that Miss/Mrs. *Jay Dubey*.....

has Successfully Completed One Month Certificate Course in Personality

Development Month / Year *August 2017-18*..... From Sadhu Vaswani

Autonomous College Bairagarh

Shweta
Dr. Shweta Rahangdale
Convenor

A.K.S.
Dr. A.K. Singh
Principal

REPORT ON PERSONALITY DEVELOPMENT PROGRAMME- ONE MONTH

SEPTEMBER 2018-19

BY- Mr.H.K.D JOSEPH

Sadhu Vaswani Autonomous College, organized the one month “programme through Personality Development Committee” on same previous year’s rhythm in continuity with Mr.H.K.D JOSEPH. Mr. Joseph focused on understanding one’s own personality and nurturing it well enables one to be a fine human being and effective professional. Humans need to learn how to cope with the problems and face the hardships while shaping out careers to become professionals and contributing citizens. College education is to enable young adults to understand the world in the liberal sense and to take forward it for the better. It is in this context that, one month programme for UG & PG students to enrich various aspects of their personality and to shape themselves in achieving their pursuits.

Total no. of students-38

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CERTIFICATE

This is to Certified that Miss/Mrs. *Manu Singh*

has Successfully Completed One Month Certificate Course in Personality

Development Month / Year *15th Sept - 15 Oct 2018* From Sadhu Vaswani

Autonomous College Bairagarh

Shweta
Dr. Shweta Rahangdale
Convenor

A.K.S.
Dr. A.K. Singh
Principal

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Principal

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विद्याऽनृतमर्नुते

साधु वासवानी स्वशासी महाविद्यालय Sadhu Vaswani Autonomous College

Governed by S.V. Educational Society
SANT HIRDARAM NAGAR (BAIRAGARH) BHOPAL - 462 030
(Affiliated to Barkatullah University, Bhopal)
Accredited Grade "A" by NAAC

क्रमांक. SVC/920

दिनांक. 5.9.2019

व्यक्तित्व विकास समिति

महाविद्यालय में सत्र 2019-20 से छात्रों के व्यक्तित्व विकास हेतु निम्न समिति गठित की जाती है।

1. डॉ. श्वेता शंभुडाले (संयोजक) -
2. डॉ. सुधि गुप्ता
3. कु. शेषा श्रीवास्तव -
4. श्रीमती लक्ष्मी सिंह
5. डॉ. सतीश शर्मा
6. श्री अजय शर्मा
7. श्रीमती हिना आसवानी (तकनीकी सहयोग)
8. श्री जगतार सिंह (तकनीकी सहयोग)

उपरोक्त समिति अपना प्रस्ताव तैयार कर दिनांक 16.09.19 तक अनिवार्य रूप से प्राचार्य को प्रस्तुत करें।

प्राचार्य

सलाहकार मंडल:-

1. श्री राजेन्द्र मनवानी महासचिव
2. डॉ. अनिल कुमार सिंह प्राचार्य
3. डॉ. सुमन मलिक डायरेक्टर अकादमी

www.sadhuvaswanicollege.org

Email : svcollege@rediffmail.com

NOTICE

It is to inform all the students that college is going to organize a 7 days' workshop for personality development and get inspire to bring our leaders, entrepreneurs.

This session taken by Mr. H ~~o~~ Joseph. He is a trainer in learning and development.

So, all students must reach seminar hall with one set of pen and note book as date and time are mention below.

Venue: seminar hall


Date/time: 4/12/2019 to 11/12/2019

Participate certification will be given.

Registration starts from 29 nov 2019 from 11:30 onwards.

For Registration contact to:

1. Ms. Megha Shrivastava (Commerce Dept.)
2. Mr. Satish Sharma (Arts Dept.)
3. Mr. Anjul dadoriya (Chemistry Dept.)
4. Ms. Sandhya Singh (Computer Science Dept.)


28-11-19

Certificate Programme on Personality Development - [7-Days]

Day 1 - Self Awareness

- Power of Prayer and Positive Thinking
- Exercise on Happiness Quotient
- Family Tree
- Exercise on Bio-Magnetism
- Exercise on Five Fs

Day 2 - Potential Appraisal

- Understanding Left & Right Brain
- Confidence Building

Day 3 - Law of Attraction - Attitudinal Development

Day 4 - Personal and Business Etiquette

Day 5 - Communication & Presentation Skills

- Self Introduction
- Exercise for Skill Development
- Verbal/Non-Verbal Communication
- Body Language

Day 6 - Communication & Presentation Skills

- Voice, Pitch and Modulation
- Public Speaking/Presentation Skills
- Group Discussion
- Facing Interviews

Day 7 - Inter-Personal Skills

- Anger Management
- Stress Management
- Type 'A' & 'B' personalities
- Time Management



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