Event Title: Session on Personality Development.

Event Scheduled: 8th August 2024 (3:00 PM- 4:00 PM)

Timing: 3:00 pm onwards.

Event Venue: TE Classroom, SIEM, Sandip Foundation, Nashik.

Resource Person: Prof. Sumit Deshmukh, Training Officer, Sandip Foundation.

Participants: Student of TE & SE

Name of Faculty coordinator: Prof. Amit Kr. Mishra, faculty from E&TC department.

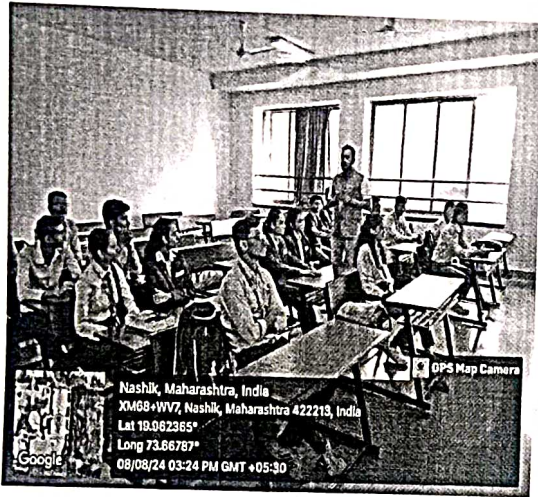**Objective:** The objective of a session on personality development typically includes:

1. **Self-Awareness:** Encouraging participants to understand their own personality traits, strengths, weaknesses, values, and motivations through self-assessment and reflection.
2. **Building Self-Confidence:** Helping participants develop confidence in their abilities, make decisions more assertively, and handle challenges with a positive mindset.
3. **Enhancing Communication Skills:** Improving verbal and non-verbal communication, active listening, and expressing ideas clearly and effectively in both personal and professional contexts.
4. **Developing Emotional Intelligence:** Teaching participants to recognize, understand, and manage their emotions as well as empathize with others, leading to better interpersonal relationships.
5. **Cultivating a Positive Attitude:** Promoting a positive mindset, resilience, and the ability to stay motivated and focused, even in challenging situations.
6. **Goal Setting and Motivation:** Guiding participants on setting realistic, achievable goals, and maintaining motivation and discipline to achieve personal and professional success.
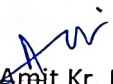
These objectives aim to foster well-rounded personal growth, leading to greater self-fulfillment, improved relationships, and enhanced professional opportunities.

Photo

Prof. Amit Kr. Mishra
Event Coordinator

Prof. Y. R. Risodkar
H.O.D, E&TC