

## Ismail Yusuf College of Arts, Science and Commerce

### NSS Notice

Dear Students,

Date :3/08/2018

NSS is organizing a Personality Development Workshop scheduled at Ismail Yusuf College. This workshop aims to provide valuable insights and practical techniques to enhance personal and professional growth.

Through interactive sessions and engaging activities, participants will have the opportunity to:

- ☐ Discover their strengths and areas for improvement
- ☐ Develop effective communication skills
- ☐ Build confidence and self-esteem
- ☐ Learn strategies for personal branding and networking

The workshop is open to all interested individuals and is free of charge. We encourage everyone to take advantage of this valuable opportunity for self-improvement.



Program Officer, NSS Unit

## **Agenda: Personality Development Workshop**

**Date:** 3/08/2018      **Time:** 10:30am      **Venue:** Ismail Yusuf College

### 1.Introduction

- ☐ Welcome and Overview of Workshop Objectives

### 2.Self-Discovery

- ☐ Understanding Personal Strengths and Weaknesses
- ☐ Identifying Opportunities for Growth

### 3.Communication Skills

- ☐ Effective Verbal and Non-Verbal Communication Techniques
- ☐ Active Listening and Empathetic Communication

### 4.Confidence Building

- ☐ Overcoming Self-Doubt and Fear of Failure
- ☐ Techniques for Assertiveness and Self-Assurance

### 5.Personal Branding

- ☐ Creating a Positive Personal Image
- ☐ Leveraging Social Media and Networking

### 6.Interactive Activities

- ☐ Group Discussions and Role-Playing Exercises

### 7.Reflection and Goal Setting

- ☐ Reviewing Key Takeaways
- ☐ Setting Personal Development Goals

### 8.Closing

- ☐ Feedback and Q&A Session
- ☐ Next Steps and Resources for Continued Development

We look forward to an engaging and enriching session with all participants.



*यशिका*

Program Officer, NSS Unit

## **Activity Report: Personality Development Workshop**

**Date:** 3rd August 2018

**Venue:** Ismail Yusuf College, NSS Wing

**NSS PO:** Dr. Phutane

Total No of Volunteer: 24

**Objective:**

The Personality Development Workshop was organized by the NSS Wing of Khanwala College with the aim of enhancing the overall personality of the students.

### **Activities Conducted:**

#### **1.Seminar on Effective Communication:**

Importance of communication skills in personal and professional life was discussed.

Techniques to improve verbal and non-verbal communication were shared.

#### **2.Body Language and Etiquette Session:**

Understanding the significance of body language in communication.

Practical demonstrations and interactive sessions on maintaining proper etiquette.

#### **3.Confidence Building Exercises:**

Group activities and role-playing exercises were conducted to boost confidence levels.

Students were encouraged to step out of their comfort zones and express themselves.

#### **4.Time Management Workshop:**

Importance of time management for personal and academic success.

Tips and strategies to manage time effectively were shared.

#### **5.Motivational Talk:**

Renowned motivational speaker Mr. Prakash Parkhe delivered an inspiring talk.

He shared personal anecdotes and motivated students to strive for excellence.

**Outcome:**



The workshop was well-received by the students, and they actively participated in all the activities. The students expressed gratitude for the opportunity to enhance their personality traits and requested more such workshops in the future.

#### Conclusion:

The Personality Development Workshop was successful in achieving its objective of enhancing the overall personality of the students. It provided them with valuable insights and practical tips to improve their communication skills, confidence, and time management abilities.

*प्रमाणित*

Program Officer, NSS Unit

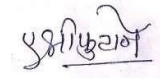
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4)	Karlena	F.Y.B.A		Karlena
5)	Khan Atiya	F.Y.B.A	29	Atiya
6	Iqra Siddique	F.Y.B.A	103	Iqra
7]	Khushi Shailch	F.Y.B.A	82	Khushi
8)	Rajon Rg. Rajat	F.Y.B.A	136	Rajon
9)	Aditya Vishwakarma	F.Y.B.A	115	Aditya
10)	Pratej Mandal	F.Y.B.A	43	Pratej
11)	Shraddha Dubey	FYBSc	62	Shraddha
12]	Saijan Taak	FYBA	110	Saijan
13	Shivam Prajapati	FYBA	54	Shivam
14]	Rohit Patil	FYBA	59	Rohit
15)	Lachin Rey	FYBA	128	Lachin
16)	Sakshi Yadav	FYBA	122	Sakshi
17]	Lufina Shaik	F.Y.B.A	98	Lufina
18]	Nisha Ansari	F.Y.B.A	5	Nisha
19	Manisha pal	F.Y.B.A	50	Manisha
20]	Mihir Jha	F.Y.B.A	24	Mihir
21	SHAH ARMAN	FYBA	68	SHAH
22	Ismail Doshi	FYBA	57	Ismail
23	Shaikh Jafarz	FYBA	256	Shaikh
24	Shaikh Adnan	FYBA	131	Adnan
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