



# Office-Principal

## Govt. Jagannath Munnalal Choudhary Mahila Mahavidyalaya, Mandla, Madhya Pradesh



Towards Excellence...

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AISHE Code: C-33429

College Code: 3502

# Report

## Title of the Programme: 15 Days Certificate Course on “Personality Development”

The 15 Days Course started with the introductory and welcome speech to all the students enrolled in this certificate course by the trainer Dr. Anjali Pandya (Assistant Professor, Department of Political Science) and the Organizer of the course Dr. Aradhana Dubey (Coordinator, IQAC). Dr. Dubey focused on the ways of developing one's personality.

The trainer of the course Dr. Pandya covered the following domains while running the certificate course:

The Personality Development helped the participants to improve their self-awareness, communication skills, and overall personality. The course focused on developing confidence, emotional intelligence, and leadership skills.

### **Objectives of the Course:**

- To enhance self-awareness and self-esteem
- To improve communication and interpersonal skills
- To develop emotional intelligence and empathy
- To build confidence and leadership skills

### **Course Outline:**

- Self-Awareness
- Communication Skills
- Emotional Intelligence
- Leadership Skills
- Goal Setting and Achievement
- Time Management and Productivity
- Stress Management and Wellness

### **Methodology:**

- Interactive lectures and discussions
- Group activities and role-plays

- Case studies and scenario-based learning
- Personalized feedback and coaching

**Govt. J.M.C. Mahila  
Mahavidyalaya, Mandla, M.P.**




**Department of Political Science**  
organizes

**15 days Skill Based Certificate Course  
on “Personality Development”**  
Under the Guidance of Internal  
Quality Assurance Cell

Date: 01-02-2021 to 23-02-2021      Time: 12:00 Hrs-14:00 Hrs      Venue: Seminar Hall (Room No. 10)



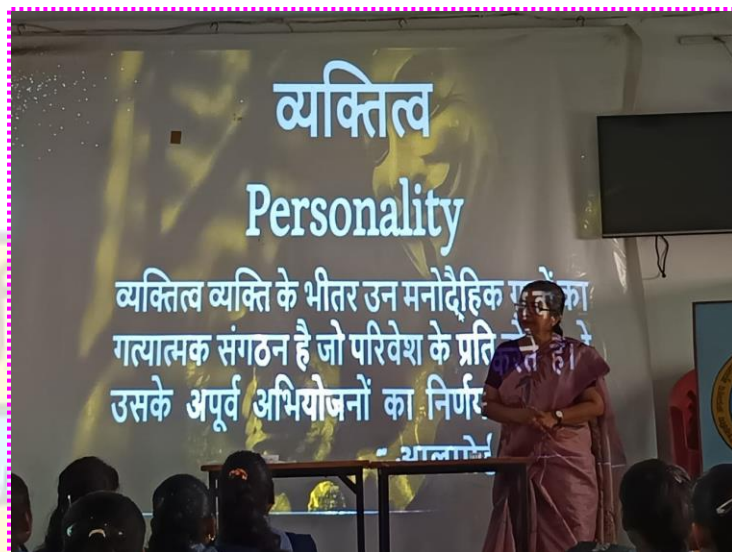
**Trainer:**  
Dr. Anjali Pandya  
Assistant Professor (Pol. Sc.)



**Coordinator:**  
Dr. Aradhna Dubey  
IQAC Coordinator



**Principal:**  
Dr. S.N. Khare



### Outcomes:

- Improved self-awareness and self-esteem
- Enhanced communication and interpersonal skills
- Increased emotional intelligence and empathy
- Boosted confidence and leadership skills
- Better goal setting and achievement
- Improved time management and productivity
- Effective stress management and wellness

The 15 days course was concluded on 23-02-2021 in the marvelous presence of the honorable Principal Dr. S.N. Khare with the remark by the trainer of the course Dr. Anjali Pandya on the day of distribution of the course completion certificates that the

Personality Development is a comprehensive domain that helps individuals develop a strong personality, improve their relationships, and achieve their goals. The course provided the quality of being interactive, engaging and personalized to meet the needs of each participant.

  
**Trainer**

Dr. Anjali Pandya  
Assistant Professor  
Department of Political  
Science

  
**Organizer**

Dr. Aradhna Dubey  
Coordinator, Internal  
Quality Assurance Cell

  
**Principal**  
Govt. J.M.C. Mahila  
Mahavidyalaya, Mandla (M.P.)

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