

## PERSONALITY DEVELOPMENT PROGRAMME

A Personality Development Programme has been organized by Anand Agricultural University, Anand in association with SMART Series, Bengaluru at Sheth M C College of Dairy Science on July 14-15, 2015. The programme was inaugurated by Hon'ble Vice-Chancellor, Anand Agricultural University, Anand. The students of 5<sup>th</sup> semester have been involved in the programme. A total of 76 students, including 60 boys and 16 girls, had participated in the programme. The programme coordinator was Ms.Radha Shankarnarayanan, Head-Content Services, SMART Series, Bengaluru.

Two-day event comprised of several activities and presentations.

### **Day 1:**

#### *Activity 1: Time Management*

The student were asked to introduce themselves and then they discussed about effective time management. Ms.Radha asked them about their schedules and suggested them to utilize their time by dividing the day in different slots. She advised them not to waste time in chatting on WhatsApp and focus on their hobbies instead.

#### *Activity 2: Goal Setting*

Ms.Radha gave a presentation on goal setting which students found to be very relevant to their current situation. She gave them hand outs to be filled which made them think about their goals. The presentation was quite inspiring.

#### *Activity 3: Presentation Skill*

Each of them were then asked to talk for 30 seconds on any topic whatever after giving them 15 minutes for preparation. It was intended to remove their stage fear and she recorded each one of them. It gave students who never spoke an opportunity to speak.

### **Day 2:**

#### *Activity 3: Presentation Skills (Continued from previous day)*

The videos recorded on the previous day were shown to them and she pointed out the body language errors. Then a presentation on 'how to give effective presentations' which was highly informative.

#### *Activity 4: Team Building*

The students were given an hour to make a dress out of newspapers and they had to work in a team of eight. They presented their dress on a selected model and enjoyed this activity thoroughly. They could all successfully work as a team and compete with other teams. Then, they were given a blank chart and were asked to make a catchy advertisement for their product with five year plan. Beautiful advertisements were created by the students. This was followed by a game in which each student had to blow a balloon, mark it with their group number(they were divided in three groups) and mix all the balloons in a room. Then they had

to find their group's balloons and the group with the highest number was supposed to win. But it was disastrous. Only a couple of balloons survived and other balloons were burst. Then she explained them the importance of teamwork.

*Activity 4: Problem solving*

Then they discussed problem solving by starting off with two activities which were entertaining as well as informative and was followed by a discussion on problem solving which was very much helpful.

The activities were interactive and students enjoyed them thoroughly.