



COLLEGE OF HORTICULTURE
ANAND AGRICULTURAL UNIVERSITY
AAU, ANAND



REPORT

ON

Three Day's Personality Development Workshop

Three day's Personality Development Workshop at College of Horticulture was jointly organized by Training and Placement Cell of College of Horticulture, Anand Agricultural University, Anand and SHURUD: Counselling and Coaching Life skills, Vadodara during 20th to 22nd December 2023.

In three days' work shop various topics were covered, such as Building of self-confidence, Resume writing, dressing etiquettes for interview, E-mail etiquettes, Skills for group discussion, Communication skills, Mock interviews, Public speaking, Tips to face interview, Presentation skills, Advance communication skills, Interpersonal skills, Ice breaking activities etc. At the end of each day summarizing and concluding session were also conducted.

Day 1st: 20th December, 2023

Workshop was started with welcome addressed by Dr. A. H. Barad, lighting of lamp as well as introductory speech by the facilitator Ms. Nitu Singh Bhadhouria: Career Counselling Expert and hypnotherapist from Vadodara. Presidential addressed given by Dr. N. I. Shah, Principal and Dean. During the inaugural function all the faculties members and 58 student participated remain present.



First session started with an ice breaking activity similar to musical chair which was arranged to make us understand the importance of listening in communication which also taught us how we can avoid misunderstandings by just listening and understanding the things opposite person is trying to speak. Later the session was arranged about self confidence in

which we were taught importance and power of self-confidence; also we learnt various ways to be self-confident.



In noon resume writing session was arranged in which we were taught about the importance of good resume and interview questions based on resume, than we were taught about how we can make an effective resume.

Next we were divided into groups of 4 and mock interviews were conducted which was great experience that helped us to grow our communication skills.

Day 2nd: 21st December, 2023

The session started with activity which taught us about presentation skills exactly after that a session about presentation skills was arranged in which we learnt about body language, facial expressions and gestures which play very important role in presentation.

Next session was about email etiquette which was really knowledgeable and we learnt many new things about writing an email to someone especially how to address someone in an e-mail.



Afternoon session started with the practice of pranayama and was continued by group discussion skills and activity related to group discussion in which we learnt different group discussion skills and also did group discussions with our classmates which was really fun along with learning.

Day 3rd : 22nd December, 2023

The day started with mock interviews along with resumes. Student were divided into groups to conduct interview along with questions based on resume of candidate. Mam personally visited all the groups and gave feedback which was very beneficial for growth of individual.

Next again a group discussion session was arranged but with different topics so that we can practice group discussions and gain confidence and experience. Q/A session was arranged in which all our doubts were cleared and at last the workshop was ended by activity where all the students were asked to greet each other and start communication which taught us how we can improve our communication skills or how can we start any conversation.



At the end certificate distribution and feedback session was arranged in which students and facilitator shared their experience and certificates were distributed. Workshop was ended with vote of thanks by Dr. Geeta R. Chaudhri .



General feedback given by students:

1. Increase the training period.
2. Addition of different activities for self-confidence, stage fear etc.

Participated student's category list

Sr. No	Category	Participated Students
1	GENERAL	23
2	SEBC	26
3	SC/ST	09
Total Participated students		58