



Pravarsen Shikshan Sanstha, Nagpur.

**Dr. L. D. Balkhande College of Arts & Commerce**  
Pauni, Bhandara.

**Workshop on Personality Development**

**Date: - 10 to 16 June 2020**

**Time: - 4.00 to 5.00 pm**

**Schedule of the Workshop**

- Date: 10.06.2020      Development of Personality  
Speaker: - Dr. Alka Kollhe, Assistant Professor in Psychology,  
S.B. City College, Nagpur.
- Date: 11.06.2020      Who I am and Development of Self  
Speaker: - Mrs. Mangala Waghmare, Assistant Professor in  
Psychology, Dr. Ambedkar College, Nagpur.
- Date: 12.06.2020      Stress and Anxiety Management  
Speaker: - Dr. Jaya Golatkar, Assistant Professor and Head  
Departments of Psychology, C.P. & Berar College, Nagpur.
- Date: 13.06.2020      How to Develop Emotional Intelligence & Social Intelligence  
Speaker: - Dr. Vaishali Nandagawli, Assistant Professor in  
Psychology, S. B. City College, Nagpur.
- Date: 14.06.2020      Various problems in personality development and solutions  
Speaker: - Dr. Rohini Meshram, Assistant Professor in Psychology,  
Dr. Ambedkar College, Nagpur.
- Date: 15.06.2020      Effective Communication Skills  
Speaker: - Mrs. Archana Gupta, Assistant Professor in English,  
Smt. Binzani Mahila Mahavidyalaya, Nagpur.
- Date: 16.06.2020      Interview Techniques and Resume  
Speaker: - Mrs. Archana Gupta, Assistant Professor in English,  
Smt. Binzani Mahila Mahavidyalaya, Nagpur.

**Organised by**

**Dr. Jaykishan Santoshi**  
Principal

**Dr. Anil Kosamkar**  
Psycho-Socio Counseling Cell

**Mr. Sanjay Nandagawli**  
IQAC Coordinator

Dr. L. D. Balkhande College of Arts & Commerce, Pauni, Bhandara.  
Seven Days Workshop on Personality Development

Date: 10.06.2020 to 16.06.2020

Time: 4. 00 to 5.30 PM

या कार्यशाळेतील सहभागी विद्यार्थानी, फोन असल्यास Google Meet download करा, नंतर खालील दिलेल्या लिंक वर क्लिक करून जॉईन होता येईल. ३.४५ ला जॉईन करा.

10.06.2020

<https://meet.google.com/rae-kbsx-mzh>

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**Dr L D Balkhande College of Arts and Commerce, Pawani, Dist- Bhandara**

**Seven days online e-workshop on personality development"**

**Report**

Dr. L D Balkhande College of Arts and Commerce, Pawani, organized a 7 days online e-workshop on 'Personality Development' from 10 June 2022 to 16 June 2020. The inaugural president of this e-workshop was Hon. Dr. Deepa Balkhande, President, Pravarsen Shikshan Sanstha, Nagpur, chief inaugural guest, Mr. Milind Balkhande, Secretary Pravarsen Shikshan Sanstha, Nagpur and organizers of the program Dr. Jaykishan Santoshi, Principal of the college, Dr. Anil Kosamkar, Vice-principal, and Prof. Sanjay Nandagawali, IQAC Coordinator, were present.

Chairman of the Personality Development online e-Workshop Hon. Dr. Deepa Balkhande said in the presidential address that due to personality development, the mind always remains happy, energetic and creative. So a person always accepts new challenges and he succeeds in those challenges. The chief inaugural Hon. Milind Balkhande Sir said in the inaugural speech that a person's external beauty is not a personality. Principal, Dr Jaykishan Santoshi said that personality development workshops are organized for the overall development of students. Personality development is extremely important in the age of competition. Prof. Sanjay Nandagawali, IQAC Coordinator, gave the introductory speech of the workshop.

The key speaker of the first day of the e-workshop was Dr. Alka Kolhe, Assistant Professor in Psychology, S. B. City College, Nagpur, said that personality development is a process of developing and enhancing one's personality. She further said how we behave in day to life reflects our personality. On the second day, on 11th June 2020, the chief speaker, Mrs Mangala Waghmare, Assistant professor in psychology, Dr. Ambedkar College Nagpur, expressed her views on 'Who I am and Developed of Self' that self development is simply a process of learning new things and building new skills that help us increase our chances of success achieving our goals and manifesting our dreams. On the third day, while speaking on the topic 'stress and anxiety management' Dr. Jaya Golatkar, Assistant professor and Head Department of Psychology, C.P. and Berar College, Nagpur, addressed students to do regular exercise, do meditation, always be in contact with friends and eat a well-balanced meal.

To develop emotional intelligence and social intelligence, the chief speaker of fourth day Dr. Vaishali Nandagawali, Assistant professor in Psychology S. B. City College, Nagpur, addressed students about emotional intelligence. She further said the best way to think about emotional intelligence is a set of skills in emotional communication. That means the ability to convey felt emotions accurately to others, the ability to “read” others’ emotional messages, and regulating and controlling the experience and expression of emotions. The key speaker of the fifth day, Dr. Rohini Meshram, Assistant Professor in Psychology, Dr. Ambedkar College, Nagpur, guided on various problems in personality development and solutions. Distraction, lack of direction, fear of the unknown, lack of self-discipline, lack of ambition, procrastination, lack of self-belief are the problems, she said. For that students should focus on needs, not solutions. Better understanding the challenges which require new attitudes and habits is the key to finding solutions. On 15 June 2020, on the sixth day of online e-workshop, the chief speaker, Mrs. Archana Gupta, Assistant Professor in English, Smt. Binzani Mahila Mahavidyalaya, Nagpur, said on effective communication skills that communication helps individuals to express themselves in the most convincing way. That's why our thoughts, feelings and knowledge should be passed on in the most desirable manner and effective communication skills help us in the same way. On the last day of the online e-workshop on personality development, the chief speaker, Mrs. Archana Gupta, Assistant Professor in English, addressed students about interview techniques and resume writing. She said as a candidate, students should be prepared to answer the questions and statements thoroughly. One strategy for preparing for behavioral interviews is to use the STAR Technique: (Situation, Task, Action, Results,). This seven days online e-workshop on personality development was conferred by Prof. Nandakishor Singade and the vote of thanks was done by Prof. Mangesh Wahane. Teaching non-teaching as well as many students enthusiastically participated in the workshop.

  
**Coordinator**  
**Internal Quality Assurance Cell (IQAC)**  
**Dr. L.D. Balkhande College of Arts and**  
**Commerce, Pauni, Dist.- Bhandara**

# Seven Day Workshop on Personality Development

