

**A Report on "One-Week Workshop on**

**Personality Development" From 18/03/2019 to 23/03/19**

Academic Staff College had organised One-Week Workshop on "Personality Development" from 18.03.2019 to 23.03.2019 by Ms.Usha Rani, Asst.Prof., ASC for the Nominated Faculty from all engineering in Sunflower Hall.

The main objective of the Workshop is to bring about the various traits on personality development with regard to the different behavioural dimensions that have far reaching significance in the direction of institutional effectiveness.

The resource person, Ms.Usha, explained the detriments of personality development. She outlined certain theories that explain the causes of personality development like Freud's *Psychology*, Jean Peajet's *Cognitive theory* and Erik Erikson's *stages of personality development*.

Shw further dealt with the essential of Personality Development in enhancing and grooming one's outer and inner self to bring in a positive change to your life. Each individual has a distinct persona that can be developed, polished and refined. This process includes boosting one's confidence, improving communication and language speaking abilities, widening ones scope of knowledge, developing certain hobbies or skills, learning fine etiquettes and manners, adding style and grace to the way one looks, talks and walks and overall imbibing oneself with positivity, liveliness and peace.

She outlined that Personality Development is to be considered as a tool that helps one realize one's capabilities and strengths and help to make one a stronger, happier and cheerful.

The participation certificates are distributed to all the participants by Dr. V. Rajesh, Principal of ASC and Dr. B. Siva Nagaiah Vice-Principal of ASC.

