

NATIONAL SERVICE SCHEME (NSS) SSCASCW, TUMAKURU

**“Report on one week add-on certificate
course in Personality development”**



Rotary
Tumkur Prerana
Dist 3192



JCI
Tumkur Metro



Sree Siddaganga Education Society (R.)
Sree Siddaganga College of Arts, Science & Commerce for Women
Sree Shivakumaraswamiji Road, Tumakuru - 572102

in Association with
Rotary Tumkur Prerana & JCI Tumkur Metro
jointly presents

One week add-on certificate course in "Personality Development"

Date: **14-03-2024 to 21-03-2024** Venue: Seminar Hall, SSCASCW Tumkur

Inaugural Ceremony



Date: 11-03-2024

To,
The Principal
SSCASCW, Tumakuru

From,
NSS Programme Officers, NSS Units-1, 2 & 3
SSCASCW, Tumakuru

Respected sir,

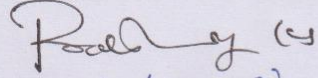
Subject: Seek permission to conduct a certificate course for one week.

With respect to the subject cited above, we, the NSS Programme Officers have planned to organize a "one-week add-on certificate course in personality development" by NSS Units for the benefit of our college students from 14-03-2023 to 21-03-2024. Rotary Tumkur Prerana and JCI Tumkur Metro have come forward to help to conduct this one-week course as a part of Memorandum of Understanding. They have agreed to bear the entire cost of the course. They agree to bear the cost of the certificates to be issued to the students. It will be very useful for the students of our college and we request you to give permission.

Thanking you


Yours faithfully

NSS Programme Officers


Nalini N

Date: 11-03-2024

Place: Tumakuru



PRINCIPAL
Sree Siddaganga College of Arts,
Science and Commerce for Women,
B.H. Road, TUMKUR.

ಕಾರ್ಯಕ್ರಮಾಧಿಕಾರಿಗಳು
ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆ
ಶ್ರೀ ಸಿದ್ದಗಂಗಾ ಕಲಾ, ವಿಜ್ಞಾನ ಮತ್ತು
ಪಾಲಿಟೆಕ್ನಿಕ್ ಮಹಿಳಾ ಪದವಿ ಕಾಲೇಜು
ಬಿ.ಹೆಚ್.ರಸ್ತೆ, ತುಮಕೂರು-572102

REPORT ON ONE WEEK ADD-ON CERTIFICATE COURSE IN PERSONALITY DEVELOPMENT

A seven-day add-on certificate course in “Personality Development” was organized by the National Service Scheme (NSS), SSCASCW, Tumakuru in association with Rotary Tumkur Prerana and JCI Tumkur Metro from 14th March to 21st March, 2024.

INTRODUCTION:

Personal development is a lifelong process. It’s a way for people to assess their skills and qualities, consider their aims in life and set goals in order to realize and maximize their potential. It covers activities that improve awareness and identity, develop talents and potential, build human capital and facilitate employability, enhance quality of life and contribute to the realization of dreams and aspirations. Not limited to self-help, the concept involves formal and informal activities for developing others in roles such as teachers, guide, counsellor, manager, life coach or mentor.

When personal development takes place in the context of institutions, it refers to the methods, programs, tools, techniques, and assessment system that support human development at the individual level in organizations.

Personal development may include the following activities:

- Improving self-awareness
- Improving self-knowledge
- Improving skills or learning new ones
- Building or renewing identity/self-esteem
- Developing strengths or talents
- Improving wealth
- Identifying or improving potential
- Building employability or (alternatively) human capital
- Enhancing lifestyle or the quality of life
- Improving health
- Fulfilling aspirations
- Initiating a life enterprise or (alternatively) personal autonomy
- Defining and executing personal development plans (PDPs)
- Improving social abilities

OBJECTIVE OF THE COURSE:

- To familiarize participants with the emerging ideas and trends on how to develop personality in the 21st century contexts.
- To enhance their communication skills and interpersonal skills in order to function in professional and social settings effectively
- To understand effective planning, time management and implementation for setting goals and achieving both personal and professional goals
- To learn to evaluate oneself (self-appraisal and introspection) for further growth, personally and professionally.

COURSE SCHEDULE:

The certificate course adopted the processes presentation/lecture-cum discussion, group work, group presentation, assignments and film / video viewing.

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Re-Accredited by NAAC with "B+" Grade
NATIONAL SERVICE SCHEME
IN ASSOCIATION WITH
ROTARY TUMKUR PRERANA
JCI TUMKUR METRO



ONE WEEK ADD-ON CERTIFICATE COURSE IN
PERSONALITY DEVELOPMENT
March 14, 2024 to March 21, 2024



TIME TABLE

<i>14-03-2024</i>	10:00-1.00	Jc Srikanth D V-National Trainer	Topic: Leadership Quality
<i>Thursday</i>	02:00-3.00	Jc Deepak-Zone Trainer	Topic: Communication Skill
<i>15-03-2024</i>	10:00-1.00	Jc Jayesh Jain-National Trainer	Topic: Decision Making
<i>Friday</i>	02:00-3.00	Jc Pradeep Jain- National Trainer	Topic: Priority Management
<i>16-03-2024</i>	10:00-1.00	Jc TVN Murthy-National Trainer	Topic: Action of Success
<i>Saturday</i>	02:00-3.00	JFS Ramesh Dadigala-NPV, JCI	Topic: Interaction Session
<i>18-03-2024</i>	10:00-1.00	Jc Krishna Shah-Zone Trainer	Topic: Self Image & Self Confidence
<i>Monday</i>	02:00-3.00	Jc Bhavana- Zone Trainer	Topic: How to Maintain Mental Health
<i>19-03-2024</i>	10:00-1.00	Jc Roshini Betala-Zone Trainer	Topic: Bridge the Gap
<i>Tuesday</i>	02:00-3.00	Jc Tarun Mehta- Zone Trainer	Topic: Team Building
<i>20-03-2024</i>	10:00-1.00	Jc Rudraprasad-National Trainer	Topic: Reinforcing Leadership
<i>Wednesday</i>	02:00-3.00	Jc Umamahesh A.-Secretary, RTP	Topic: Time Management
<i>21-03-2024</i>	10:00-1.00	Jc Nayana J.-President, JCI-MT	Topic: Self Appraisal
<i>Thursday</i>	02:00-3.00	Rtn Janardhan-President, RTP	Topic: Do it Now

Organized by:
Dr. Nalina N., Unit-1
Smt. Harshashree N., Unit-2
Sree Prabhuswamy K. S., Unit-3
NSS Program Officers, SSCASCW, Tumakuru
NSS Student Volunteers



KSP

COURSE OUTCOMES:

- Students understand the significance of personality development.
- Students gained knowledge of the important they need to have in order to succeed in the future.
- Students discovered how a person's distinct personality is determined by their organised pattern of behaviour.
- The Certificate course enabled the students to grasp the different skills in personality development.
- The Certificate programme helps in cultivating a good approach and attitude.
- The certificate programme gave students a lot of confidence and improved their self-esteem

No. of Beneficiaries: 75 Students

Date: 14th March to 21st March, 2024

ORGANISERS:

Dr. Nalina N., NSS Programme Officer, Unit-I

Smt. Harshashree N., NSS Programme Officer, Unit-II

Sri. Prabhuswamy K. S., NSS Programme Officer, Unit-III

SPONSORS:

Rotary Tumkur Prerana

JCI Tumkur Metro

INAUGURAL CEREMONY:



Sree Siddaganga Education Society (R.) Sree Siddaganga College of Arts Science and Commerce for Women

Sree Shivakumara swamiji Road, Tumakuru-572102
Re-Accredited by NAAC with "B+" Grade



NATIONAL SERVICE SCHEME

IN ASSOCIATION WITH
ROTARY TUMKUR PRERANA
JCI TUMKUR METRO



INAUGURATION OF ONE WEEK ADD-ON CERTIFICATE COURSE IN PERSONALITY DEVELOPMENT



14 MARCH 2024, THURSDAY



9.00 AM



Akkamahadevi Seminar Hall, SSCASCW, Tumakuru

Resource person:

Jc Srikanth D V
National Trainer

Presided over by:

Dr. H M Dakshinamurthy
Principal, SSCASCW, Tumakuru

Chief Guests:

JC Nayana Janardhan
President, JCI Tumkur Metro

Rtn Janardhan G N
President, Rotary Tumkur Prerana

Prof. G. Chidanandamurthy
Coordinator, IQAC, SSCASCW, Tumakuru

A WARM WELCOME TO ALL

Organized by:

Dr. Nalina N., Unit-1
Smt. Harshashree N., Unit-2
Sree Prabhuswamy K. S., Unit-3
NSS Program Officers, SSCASCW, Tumakuru

NSS Student Volunteers

ಶ್ರಮಯೇವ ಜಯತೇ

Not me but you

14-03-2024: Day 1 Session-1

Jc Srikanth D. V., National trainer delivered a talk on Life skills and Leadership respectively, he focuses on self-awareness, positive behaviour and how to convert one's weaknesses into their strengths.

Day 1 Session-2

In this session, Mr. Deepak focused on speaking skills, reading skills, and writing skills by citing various examples. He also added the importance of eye contact, inner motivation, and direct communication to shape the personality of students. The resource person explained the significance of body language and emotional intelligence alongside intellectual intelligence in student lives.

15-03-2024: Day 2 Session-1

Mr. Jayesh Jain discussed with the students about effective decision making, various tools of effective decision making, emotional intelligence, various types of decisions.

Day 2 Session-2

The guest lecture began with a discussion on the concept of sustainability in the organisational setup progressing towards the idea of lower rates of unemployability amongst Indian youth.

In the later phase of the session, the students were made to do a self-assessment through an introspective activity of S.W.O.T Analysis. The purpose was to help students identify their own strengths and weaknesses as well as external opportunities and threats.

16-03-2024: Day 3 Session-1

The objective of the session was to motivate the students to achieve goals in life, the speaker highlighted the importance of setting goals for achieving objectives in life, especially for students. He said that goal setting is important because it helps to inspire and motivate you. A well-planned goal will increase your willingness to succeed. By establishing the importance of goals in your life, you can give yourself a concrete destination to your journey. And when you have set a destination, your focus naturally snowballs into motivation and you can march forth without second thoughts.

Day 3 Session-2

Mr. JFS Ramesh Dadigala, National Vice President of JCI, India interacted with the students on various aspects of personality development.

18-03-2024: Day 4 Session-1

Ms. Krisha Shas is a Soft Skills Trainer and Motivational speaker, was the guest of honor. She had an effective session on 3 P's: Personality, Positivity, and Patience. She elaborated each one of the concepts spectacularly. She started with explaining that people are unaware about the importance of Personality Development. The amalgamation of Effective Communication, Dressing Sense, Emotion Management and Body Language shapes an individual's personality and is a process that requires time and diligent efforts. She was honoured with a garland and Book as a token of gratitude.

Day 4 Session-2

Ms. Bhavana, JCI Provisional Zone Trainer had her lecture on the topic how to maintain mental health. With the help of an activity involving the students, she expressed that only when one stops letting fear and anxiety hold them back, will they start to make major breakthroughs in life. She was honoured with a memento as a token of gratitude.

19-03-2024: Day 5 Session-1

Ms. Tarun Mehta, JCI Provisional Zone Trainer had her lecture on the topic Bridge the Gap. She also explained the importance of team work. She added that there should be good communication, good leadership, better understanding in a team building process. She explained the following things which are necessary to do a team work.

- leadership
- trust
- listening skill
- communication skill
- security
- focused

Day 5 Session-2

The session was conducted by Ms. Tarun Mehta. The session was started with introduction of team building and leadership and why it is necessary to help build the ones personality, and how team building and leadership qualities makes the difference in changing the individual. She further added to the session leader should possess qualities like leading, team building, problem solver, solution oriented and etc. The speaker also highlighted the leadership styles and how many types of leaders are there.

20-03-2024: Day 6 Session-1

Speaking on the occasion J C Rudraprasad urged the students to build and develop management skills which have become mandatory if one has to survive in the ever-competitive corporate world. He said that becoming a leader is not easy. It takes passion, personal reflective insight and resilience. Adding on he said that "Sound" Leadership is often recognized as being fundamental to achieving personal, individual and collective organizational success and that the need for "good" leaders is constant, in all sectors, in all organizations, countries, and nations. Further, he also highlighted the differences between a Manager and a Leader and how a student needs to be more of a leader than just a manager.

Day 6 Session-2

Sir has explained the importance of Time management. He said that effective time management enables you to be more productive, reduce stress, and achieve better work-life balance. Sir has mentioned some tips on how to manage time effectively.

- Set clear goals
- Make a schedule
- Learn to say no
- Delegate task

21-03-2024: Day 7 Session-1

Ms. Nayana Janardhan had a lecture on Self-assessment and self-evaluation. She explained that Self-assessment and self-evaluation are two related processes that involve students reflecting on their learning and performance, identifying their strengths and weaknesses, and setting goals for improvement. These processes can have a positive impact on students' motivation, engagement, and achievement, both in the short term and in the long term. She has mentioned some tips on how to do Self-assessment and self-evaluation.

Self-assessment is a process in which students monitor and evaluate the quality of their thinking and behaviour when learning. It involves students asking themselves questions such as:

- What am I learning?
- How am I learning?
- How well am I learning?
- What are my strengths and weaknesses?
- What are my goals and how can I achieve them?

Day 7 Session-2

Mr. Janardhan, President of Rotary Tumkur Prerana had a lecture on Goal Setting. He emphasized that the students should never underestimate themselves, extra ordinary achievements cannot possible without extra ordinary efforts and never to give up or quit the goal half way.

The programme ends with the valedictory & distribution of Participation certificate.

Day-1: 14-03-2024, Thursday



Day-2: 15-03-2024, Friday



Day-3: 16-03-2024, Saturday



Day-4: 18-03-2024, Monday



Day-5: 19-03-2024, Tuesday



Day-6: 20-03-2024, Wednesday



Day-7: 21-03-2024, Thursday



Valedictory Ceremony



Sree Siddaganga Education Society (R.)

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NATIONAL SERVICE SCHEME UNITS

in association with

ROTARY TUMKUR PRERANA, RID 3192

JCI TUMKUR METRO, ZONE XIV



VALEDICTORY CEREMONY OF

**"ONE WEEK ADD-ON CERTIFICATE COURSE IN
PERSONALITY DEVELOPMENT"**



21ST MARCH 2024, THURSDAY



4.00 PM



Akkamahadevi Seminar Hall, SSCASCW, Tumakuru

Presided over by:

Dr. H M Dakshinamurthy

Principal, SSCASCW, Tumakuru

Chief Guests:

JC Nayana Janardhan

President, JCI Tumkur Metro

Rtn Janardhan G. N.

President, Rotary Tumkur Prerana

Prof. G Chidanandamurthy

Coordinator, IQAC, SSCASCW, Tumakuru

A WARM WELCOME TO ALL

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NSS Program Officers, SSCASCW, Tumakuru

NSS Student Volunteers





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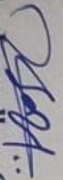
CERTIFICATE

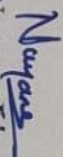
This certificate is proudly presented to

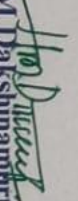
SUNITHA B.R

for successfully completing the "One Week Add-on Certificate Course in Personality Development" conducted by the NSS units of Sree Siddaganga College of Arts Science and Commerce for Women in association with Rotary Tumkur Prerana RID 3192 and JCI Tumkur Metro Zone XIV from 14-03-2024 to 21-03-2024.


Programme Officer
National Service Scheme
SSCASCW


Rtn Janardhan G N
President
Rotary Tumkur Prerana


Jc Nayana Janardhan
President
JCI Tumkur Metro


Dr. H M Dakshinamurthy
Principal
SSCASCW Tumkur

CERTIFICATE

This is to certify that the above details on "Report on One Week Add-on Certificate Course in Personality Development" organized by the National Service Scheme (NSS), SREE SIDDAGANGA COLLEGE OF ARTS SCIENCE AND COMMERCE FOR WOMEN, SREE SHIVAKUMARA SWAMIJI ROAD, TUMAKURU from 14.03.2024 to 21.03.2024 are true to the best of our knowledge and belief.

Natiana N
Programme Officer, Unit-I

ಕಾರ್ಯಕ್ರಮಾಧಿಕಾರಿಗಳು
ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆ
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ಬಿ.ಹೆಚ್.ರಸ್ತೆ, ತುಮಕೂರು-572102

O. Karsheshe
Programme Officer, Unit-II

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ಬಿ.ಹೆಚ್.ರಸ್ತೆ, ತುಮಕೂರು-572102

Radhika B
Programme Officer, Unit-III

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H. D. M. S. S.
Principal

PRINCIPAL

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