

## Five Days Workshop on Personality Development

- **Date:** 24<sup>th</sup>-28<sup>th</sup> February, 2020
- **Resource Person:** Mizoram Consultancy
- **Sponsored by:** RUSA
- **Organised by:** Equal Opportunity Cell and Women Development Cell
- **No. of Participants:** 150



# Context

Personality is a characteristic way of thinking, feeling, and behaving. Personality embraces moods, attitudes, and opinions and is most clearly expressed in interactions with other people. It includes behavioural characteristics, both inherent and acquired, that distinguish one person from another and that can be observed in people's relations to the environment and to the social group. Personality development is defined as the development process that enhances the personality, attitude, behaviour, and making the person unique from the crowd.





- The Five Days Workshop was divided into different topics each day like Improvement in soft-skills, confidence, responsibility, loyalty, generosity, patience, courageousness, self-management etc. The students who attended the workshop greatly benefited from the programme in developing their personality, in building their confidence and in preparing themselves to face whatever lies ahead of them in future.