



ARMY INSTITUTE OF EDUCATION

Plot M-1, Pocket P-5, Sec. CHI, Greater NOIDA

(Affiliated to GGSIP University, New Delhi)

NAAC ACCREDITED & ISO 9000:2015 CERTIFIED INSTITUTE

PERSONALITY DEVELOPMENT PROGRAMME

(15 JAN-25 JAN 2019)

15&16 JAN 2019

The Training & Placement Cell of Army Institute of Education inaugurated a ten days' **Personality Development Programme (15 Jan to 25 Jan 2019)** for the students batch(2017-19) on 15 January 2019. The guest speakers for the day were Ms. Rashmi Agarwal (Interview Panelist, Corporate Trainer, Lecturer, Counsellor & C.V Consultant) & Ms. Vibha (Initiator, Genuine Contact Space, and Muskaan flow of life coach, India). The programme started with the auspicious lamp lighting ceremony, followed by felicitation of the guests by Principal AIE.

The session by Ms. Rashmi was based on preparing the students for "**PERSONAL INTERVIEW**". She started the session by lining up the students outside the class and providing them paper slips for pairing of students. She demonstrated the technique and skills required for appearing in an interview through interesting and mind stimulating activities. The session was very interactive and students participated with enthusiasm.

The topic of the session by Ms.Vibha was "**GRATITUDE**". The session was fully based on the importance of **GRATITUDE** in life. Ms. Vibha quoted the words "**Wherever the attention goes, the energy flows.**" With this quote and many other such examples, she motivated the students to write the Gratitude Journal and helped them realise the benefits of doing so. She told them to write five good experiences daily for at least 21 days. The session was full of energy, zeal and enthusiasm, with lot of relevant activities that would be helpful to students in their personality development.

On 16 Jan 2019, both the resource persons i.e. Ms Rashmi Agarwal and Ms Vibha visited the Institute again and addressed the other group of students of the same batch on their respective topics and enriched them with their expertise.



Glimpses of the Inaugural Session.



Invocation and Lamp Lighting Ceremony.



Student-teachers engrossed in the activities and being directed by Ms Rashmi Agarwal.



Ms Vibha interacting with the student-teachers during the Gratitude Workshop.