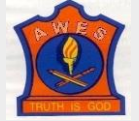




# **ARMY INSTITUTE OF EDUCATION**

Plot M-1, Pocket P-5, Sec. CHI, Greater NOIDA  
(Affiliated to GGSIP University, New Delhi)  
NAAC ACCREDITED & ISO 9001:2015 CERTIFIED INSTITUTE



## **PERSONALITY DEVELOPMENT PROGRAMME** **(16 -31 JAN 2020)**

The Training & Placement Cell of Army Institute of Education inaugurated the **Personality Development Programme (16 Jan- 31 Jan 2020)** for the student-teachers of batch (2018-20), on 16 January 2020. The resource persons were **Brig Sanjay Agarwal SM & BAR (Retd) (Motivational Trainer & Self Development Coach) & Ms. Vibha (Initiator, Genuine Contact Space and Muskaan)**. The programme started with the auspicious lamp lighting ceremony, followed by felicitation of the guests by Dr Tania Gupta, Principal AIE.

The session by Brig Sanjay Agarwal was based on preparing the students for **“PERSONAL INTERVIEW”**. He started the session by introducing various approaches, frameworks and analysis required for having a good impressive interview as well as various do's and don'ts for the interview. He demonstrated the techniques and skills required for appearing in an interview through interesting and mind stimulating mock vivas among the peer groups of three. The session was very interactive and students participated with enthusiasm.

The topic of the session by Ms.Vibha was **“ENHANCING PROFESSIONALISM THROUGH GRATITUDE PRACTICE”**. The session was fully based on the importance of **GRATITUDE** in life. Ms. Vibha started the session by introducing the two terms professionalism and spiritual intelligence followed by various relevant activities which were very interesting and effective. 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. Her session helped the students in developing their personality. On **17 Jan 2020**, both the resource persons i.e. Brig Sanjay Agarwal SM & BAR (Retd) 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.



*The dignitaries seated on the stage*



*Lamp Lighting Ceremony and inauguration*



**Students engrossed in the activities and being directed by Brig Sanjay Agarwal**



**Ms Vibha's interactive session with students on Gratitude**

Dr Shruti Gupta, Associate Professor (HR), AIMT, Greater NOIDA conducted a session on 18 January 2020. The programme started with a brief introduction of the resource person, followed by felicitation of the guest by Dr Tania Gupta, Principal AIE. The session by Dr. Shruti Gupta was based on BUILDING INTERPERSONAL RELATIONSHIPS THROUGH TRANSACTIONAL ANALYSIS.

She started the session by introducing theoretical aspect by ERIC BERNE. She introduced various terms like Johari Window, and how these techniques help people understand their relationship with themselves and others in a better way. Also, she introduced various other approaches that help in transactional analysis. She laid emphasis on transaction as the fundamental unit of social intercourse. Thereafter, she distributed questionnaires to student-teachers and asked them to score themselves on the questions given according to their self-reflection. The activity was fun, interesting and very productive, and it focused on the different types of ego states individuals have and realization of the dominant ego state in an individual. Subsequently, a healthy discussion took place, during which the student - teachers shared their responses. The session was very interactive and fruitful.



**Felicitation of the Resource person by Principal AIE**



Faculty & Student-teachers engrossed in activity and sharing of feedback

**Mr. Vikas Gupta (Asst Director), Learning and Development, Radisson Blu Hotel, Greater Noida** conducted a PDP session on **SOCIAL GRACES AND ETIQUETTES** on 21 Jan 2020.

He started the session by introducing various approaches to cast a good first impression on others. He discussed about the dynamics required for having a good and impressive image while dining, greeting someone, emailing and also talked about ways of handling crockery as well as various Do's and Don'ts for the formal gatherings and meetings. Apart from this, he demonstrated the ways of holding different types of glasses and how to use different types of cutlery. The session was very interactive and students participated with enthusiasm.



Mr. Vikas Gupta addressing the student-teachers.

On 22<sup>th</sup> Jan 2020, there were two sessions, which were based upon the principals' talk. For session 1, the speaker for the day was **Dr. Tania Gupta (Principal, Army Institute of Education, Greater NOIDA)** & for session 2, the guest speaker for the day was **Ms. Jyoti Rana (Principal, Army Public school, NOIDA)**.

The session by Dr. Tania Gupta was based on preparing "**CODE OF PROFESSIONAL ETHICS FOR TEACHER**". She started the session in a lively way by explaining the meaning of the words 'code' & 'professional'. She also focussed on the meaning of code of conduct & code of ethics. The session was very interactive & student centered as she creatively came to know every student-teacher working philosophy as a teacher. She maintained that teachers are duly licensed professionals who possess dignity and reputation with high moral values as well as technical and professional competence. Students were engaged in an interesting activity where they had to write their working philosophy and share with others. The session ended with a mention of an important topic i.e.

teacher's obligation towards students, parents & profession. The session was very interactive and students participated with zeal and enthusiasm.

The topic of the session by Ms. Jyoti Rana was **"TEAMWORK & LEADERSHIP SKILLS AMONG TEACHERS"**. The session was rooted on the importance of teamwork & leadership qualities in teachers. She started her session with the famous quote of Dr. APJ Abdul Kalam *"We are all born with a divine fire in us. Our efforts should be to give wings to this fire and fill the world with a glow of its goodness."* According to her, **TEAM** should be considered as **T**ogether, **E**veryone, **A**chieves **M**ore. Ms. Rana unfolded her session by famous quote **"Teacher as Leaders & Team Players"** followed by some ice breaking activities. Moreover, she elucidated on the rules for teacher-leaders as effective data users, catalysts for change and mentors.

"Coming together is a beginning, staying together is progress and working together is success", these were the thoughts of the speaker. She stressed that teacher-leaders should be risktaking, motivators, responsible & effective. She engaged students in various activities such as String activity & Observational activity in an effort to make them understand the importance of Leadership.

The session was concluded by glorifying the importance of team work at workplace through a relevant video presentation, and was full of energy, zeal and enthusiasm, with lot of activities that would be helpful to students in their personality development.



The session by Dr. Tania Gupta, Principal AIE



Student-teachers engaged in activities by Ms Jyoti Rana, Principal, APS NOIDA



Ms Rana addressing the student-teachers



Group photo of Batch 2018-20 with resource persons

On 23<sup>rd</sup> January 2020, the student-teachers got opportunity to have an interactive session with **Ms. Poornitha Nambiar** from **PRATHAM EDUCATION FOUNDATION- NGO**. She started the session with brief introduction about herself and then about **PRATHAM**. Subsequently, she told about different **value added courses** such as **MOOC** from **SWAYAM (MHRD)**. Before starting her presentation, she asked a questions from audience such as- **What challenges do you face while going in the classroom?** She also emphasised on importance on reflection, and also held a brief discussion on **DRAFT NPE 2019**. Moreover, she acquainted the students with the programme **GURUSHALA.COM**, how to sign up and how to use the site. Students were guided upon throughout the session by her to access different modules and complete the course.

She circulated a questionnaire based on the certain aspects of the course among the student-teachers. Student-teachers enthusiastically participated and completed their questionnaire. After that, a feedback form was circulated. Apart from that, little games on portal were used by her to engage and maintain activeness among student-teachers and motivation was given in form of gifts.



Ms Poornitha addressing the student-teachers



Student-teachers getting prizes

On 24 January 2020 the resource person was **Ms. Samridhi Sagar, Editor, Ratna Sagar Publications**. The programme started with welcome speech, followed by felicitation of the guest by Principal AIE.

The session by Ms. Samridhi Sagar was based on preparing the students for “**Enhancing Employability through Writing Skills**”. She started the session with an activity to introduce oneself by adding qualities as adjectives. Next, she threw light upon importance of writing skills in teaching profession and its use in various tasks like lesson planning, setting question papers , feedback etc. The session was very interactive and students participated with zeal and enthusiasm.

In continuation, with the help of some videos she enlightened students on the effective use of words in communication which can create an impact on people. Moreover, she gave some tips to the student-teachers to enhance their writing skills such as coordination of **HEAD, HEART AND HAND, TPS** (Think, Pair, Share), **OREO** (Opportunity, Reasons, Explanation, Organisation).



**Felicitation of the guest**



**Ms Sagar interacting with the student-teachers**

On 27 January 2020, the resource persons were **MsShikha Seth Batra (Head, Noida Branch of VLCC Institute of Beauty & Nutrition), Ms. DeeptiVerma (Head, Nutrition at VLCC Healthcare), Mr Zafar Ahmed (Sr. Hair Faculty at VLCC Noida Institute) and MsRakhi Onial (Makeup trainer at VLCC Noida Institute)**. The programme started with the felicitation of the guests by Principal AIE.

The topic of the session by Ms. Deepti was “**PERSONAL GROOMING & NUTRITION**”.

The session was fully based on the importance of **GROOMING** in life. Ms. Deepti started the session by introducing the importance of communication skills and she motivated the students by giving five mantras of healthy and successful life. The session was full of energy, zeal and enthusiasm. She further enlightened the student-teachers about the importance of a nutritious and balanced diet in promoting a healthy lifestyle. Mr Zafar Ahmed and Ms Rakhi Onial gave a demonstration on the procedure to look sober, well-groomed and attractive while appearing for an interview.

Subsequently, Ms Deepti conducted an open round question answer session to provide opportunity to students to avail free courses in grooming and nutrition. Student- teachers participated actively and availed the offer by answering to the questions.

## Felicitation of the guests



Ms Deepti interacting with the students

On 29 January 2020, the session was conducted by **Dr. Pratibha .A. Singh, Director Consultant and Psychologist at KIPBM, Greater NOIDA**. The programme started with the felicitation of the guest.

The session by Dr. Pratibha.A. Singh was based on “**Counseling skills for teachers**”. She started the session with an interesting activity in which she announced a word and the student-teachers had to write the first word that came to their mind after listening to that word. It was quite an engaging activity and everyone shared their responses too. After that, she spoke about the subjective experiences which are based on thoughts or images that lie around people. She even emphasized upon the continuous growth of children and said that the school plays a major role in upliftment of children as they learn new skills and encounter new experiences at school. Then, she discussed about basic things that a teacher needs to take care of while counseling the students and the factors that would affect or influence changes. She also talked about essentials to develop empathy through active listening, assuring help and support as an ongoing process and through willingness to listen. The session was full of energy, zeal and enthusiasm.



**Dr.Pratibha.A.Singh interacting with the students**

On **31 January 2020**, the resource person was **Ms.Neetu Kapoor, Principal, Army Public School, Delhi Cantt.**The programme started with felicitation of the guest by Principal AIE.

The session was based on the topic "**Charismatic personality of a Teacher, Why it matters and How it Enhances Opportunity of a Good Placement?**" "She started the session by introducing about the term **Charisma** and its importance in personality development. Charisma, according to her, is the magnetic effect of one's personality which makes the person attractive to others and depends upon one's attire, gestures, animation, posture, and the enthusiasm in eye contact.

Subsequently, she acquainted the student-teachers with the charismatic equation which is based on Presence, Power and Warmth. She, then mentioned about how the upcoming teachers have to prove themselves in the **VUCA** world, a world full of Volatility, Uncertainty, Complexity and Ambiguity and having a dynamic personality helps a teacher strike the chords in the right way.

Moreover, she emphasized upon the importance of being a good communicator and elucidated the comparison between **stress versus passion** and **smart worker versus hard worker**. Later, she discussed about the various dos and don'ts of appearing in a placement interview.

The session was full of energy, zeal and enthusiasm and Charisma and she enriched the students with her expertise.



**Ms Neetu Kapoor addressing the student-teachers**