



ARMY INSTITUTE OF EDUCATION

NAAC ACCREDITED & ISO CERTIFIED INSTITUTE

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

“PERSONALITY DEVELOPMENT PROGRAMME”

(01 FEB - 12 FEB 2022)

Training & Placement Cell of Army Institute of Education Greater Noida organized an Online Personality Development programme for the student-teachers of the BEd and BEdSplEd Batch 2020-22 from 01 Feb- 12 Feb 2022. The main objective of this programme was to enhance the employability skills, groomed the personality of student teachers and make them ready for professional world. All the students teachers of BEd Batch 2020-22(88) and BEdSplEd Batch 2020-22(08) along the faculty members attended the programme.

Day 1:

Ms. Vibha, the founder of Muskaan Trust & Genuine Contact Space, led the first workshop on the topic "Power of Gratitude" on February 1, 2022. Ms. Vibha stressed the importance of thankfulness for holistic living, stating that appreciation. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves.

As a result, gratitude allows people to connect to something bigger than themselves, whether it's other people, nature, or a higher force. Gratitude assists people in experiencing more pleasant emotions, appreciating excellent experiences, improving their health, dealing with adversity, and forming meaningful connections. Ms. Vibha has asked to student teachers be a detective on their own lives and find out some good things for gratitude. She emphasis to write a gratitude journal on daily basis.

DAY 2

On second day (02 February 2022) of Personality Development programme a workshop was organized on the topic "Effective Resume Writing" by Ms. Rashmi Agarwal, Interview Panelist, Counselor, CV Consultant & Corporate Trainer.

The session was started with the brief introduction of Ms. Rashmi Agarwal. Dr. Abhilasha Gautam welcomed the guest speaker. Ms. Rashmi Agarwal briefed about the resume and why we needed it. Then she told about the difference between a CV and Resume. She also mentioned us about the importance of a resume with the help of various example. A resume is a first impression which an interviewer had about the candidate after reading their resumes. Later she also told us about all the details we have to mention in our resumes.

DAY 3

Third day of Personality Development programme organized on 3rd February 2022 on the topic "communication skills-all about u "n" I" by Ms. Bandan Preet Mahajan, founder of Genius editorial & Walks of Life. Ms. Bandan Preet ma'am started the session with an interesting activity "Simon says" and engaged the whole class in an interesting way.

After the game ma'am introduced herself with a brief intro saying " she is learner for life ". Then she presented her presentation and explained the meaning of communication and its importance with what are the sign of bad communication.

Then she talked as about the mean of glossophobia and an interesting fact about it. after that she told us how to overcome glossophobia. Then she told more about verbal communication, non-verbal communication, positive gestures, negative gestures and what else we came do to improve our communication.

DAY 4

The 4th day of Personality Development Programme was organized on 4th February 2022 on the topic "Teacher as Counselor" by our esteem guest Dr. Pratibha Anand Singh, Director and Consultant Clinical Psychologist, Kasturba Institute of Psychology and Behavioral Medicine.

The session was started with a brief introduction of Dr Pratibha Singh and ma'am was welcomed by our Principal Dr Abhilasha Gautam, Army Institute of Education, Greater Noida. She started the session with the term development and explained what all development takes place in a child. She also tells us what is counselling and how effective use of counselling skills can facilitate better relationships with students, colleagues and even family members. She talks about the common mistaken assumptions about Counselling (like – the more questions we ask, the more information we obtain; counsellors listen to peoples' problems and then give them sound advice etc), the counsellor qualities and at times, a counsellor needs to make a referral – these are red flags referral to a Mental Health Professional like suicidal thoughts, homicidal thoughts, relationship issues, etc.

DAY 5

The fifth day of Personality Development programme organised on 5th February 2022 on the Topic "Essential Interview Skills" by Ms. Bandan Preet Mahajan, Founder, Genius Edutorial & Walks of Life.

Ms. Bandan Preet Mahajan started the session with a warmup activity, where everyone has to write the name of the things which are present in their room with letter 'R' for that she received different responses. She suggested important tips through which an interview can convert a nerve racking experience to the pleasant one. She covered all the necessary minute details for interview like dressing for the interview, confidence, entry etiquettes, seating posture, and foremost content knowledge. She mentioned some sample questions and their suitable answers for the interview purposes.

DAY 6

For the 6th day the topic was "From "Soft Skills" to "Professional Skills" for which Mr. Rajeev Jain, NASCOM certified master trainer was invited.

Mr. Rajeev Jain started the session with Introductory Questions about the soft skills. He gave the general Introduction of the Soft Skills, why is it important in personal and professional life. He also gave some suggestions about the improvement of soft skills. The session was very interactive as Mr. Rajeev Jain is professional expert in this field; so, he very well knows the art of engaging the audience. Afterwards he moved on to the professional skills as softs skills are an integral part of the professional development. The best part about the session of was Mr. Rajeev Jain was using the simplest examples and questions from the participants. The session was also attended by some of the guests from the other institutes and by some of the international guests.

DAY 7

The seventh day of Personality Development programme was organized on 7th February 2022 on the Topic "Etiquette and Social Graces" by Mr. Vikas Gupta, Associate Director, Hotel Radisson Blu, Greater NOIDA.

The session was started with the brief introduction of Mr. Vikas Gupta, he briefed about etiquettes and its important in life. Then he told about the types of etiquettes and how it helps in our day to day life as well as in our professional life. He also mentioned about the manner of eating food in restaurant and how we can eat food with the help of cutlery knife and fork. He also showed us how one can use the cutlery while having lunch/dinner.

He spoke about dining table etiquettes, Professional meeting etiquettes, mailing etiquettes, Office cubical etiquettes and workplace etiquettes. He told that being courteous and polite seems easy on the surface, but when practiced regularly and genuinely, this can have a huge positive impact on your career and life success. Followed by the vote of thanks by Dr. Jyoti Tiwari ma'am. Overall the session was very interesting and informative.

DAY 8

On February 8, 2022, Ms. Bandan Preet Mahajan, founder of Genius editorial & Walks of Life, conducted the 9th Session of the Personality Development Program with the theme "Getting Ready for Professional World."

The workshop's goal was to give students an understanding of what skills they need learn and what preparations they should make in order to transition seamlessly into professional life and work well there. For many graduates, the shift from college to a corporate environment is a significant adjustment.

Ma'am provided some pointers on how to improve talents, whether they are soft skills or not. Ma'am also mentioned that as an employee, you should be able to adapt quickly and be forward-thinking. She went into great detail about how to develop career goals and how to achieve them. The programme was extremely participatory.

DAY 9

Ms. Bandan Preet Mahajan, founder of Genius editorial & Walks of Life, took up the 9th Session of Personality Development Programme on the theme "E-mail Communication and Etiquettes" on February 9, 2022. To know the email etiquettes are very important as it is the sole way for us to express ourselves, our work ethic, professionalism, aptitude, and intelligence. The importance of email communication was emphasized by Ma'am. Email etiquette aids in communication efficiency and ensures that the information you send is clear and succinct. Ma'am created a leave application email with student feedback and highlighted the do's and don'ts of email writing.

DAY 10

For the 10th day the topic was "The Art and Science in the public speaking" for which Brig. Sanjay Agarwal a distinguished speaker was invited. Brig. Sanjay Agarwal, Sena medal and Bar has been the security Advisor, National Highway Authority of India; Advisor to the Govt of Seychelles and president of the SSB in the Govt. of India. The program was started with brief introduction of the guest of the day by Head of the Institution, Dr. Abhilasha Gautam, Principal Army Institute of Education, Greater Noida.

At last, the session was concluded with some of the doubts from the participants, which was humbly taken up by Brigadier Sanjay Agarwal. Afterwards, the vote of thanks was given by Dr. Jyoti Tiwari Mam, the convener of Training and Placement Cell (AIE, Greater Noida). The entire session was proved as benefaction for us which is going to be fruitful and constructive in the advent of our professional development in life.

DAY 11

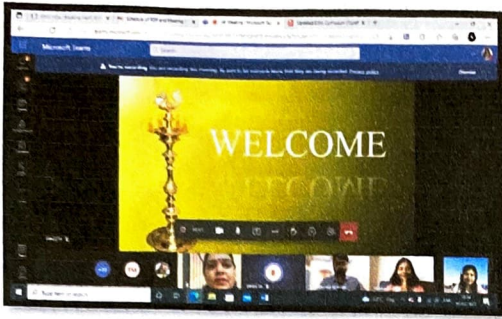
Eleventh day of Personality Development programme organized on 11th February 2022 on the Topic "Joyful learning - Using kitchen as a Resource for Joyful Learning" by Bandan Preet Mahajan, founder of Genius editorial & Walks of Life.

The session was started with the introduction of Ms. Bandan Preet Mahajan ma'am. Dr. Jyoti Tiwari ma'am welcomed the guest speaker. MS Mahajan started the session with the game called 2 truths 1 lie where she gave a demo by playing that game. She mentioned that resourceful teachers take responsibility for their own professional development, and use it to become more effective in meeting the learning needs of their learners. She explained that how we can use our kitchen as a resource for effective teaching and learning. She made all the students engaged with Joyful activities.

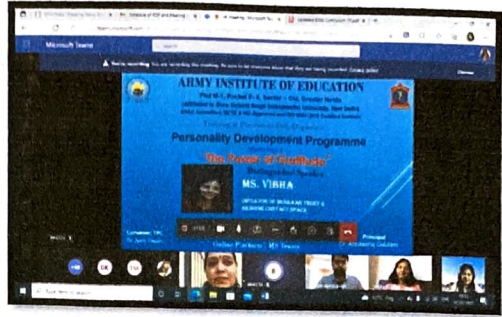
DAY 12

Mr. Parth Shukla, MCT and co-founder of 9ledgepro, delivered the final session of the personality Development Program on the topic "Persuasive Presentation Skills" on February 12, 2022.

He familiarized students with the skills and tools required for delivering an effective and powerful presentation. Sir also stressed the importance of public speaking, which includes being articulate, compelling and confident in your delivery. He mentioned that if you have effective presentation skills, this means you are good at communicating. By speaking clearly, and conveying your ideas and message across to people well, leads to less stress and happier relationships. He explained the key points of effective power point presentation skills as well and showed some specific tools and capabilities of Microsoft PowerPoint towards the end of the session.



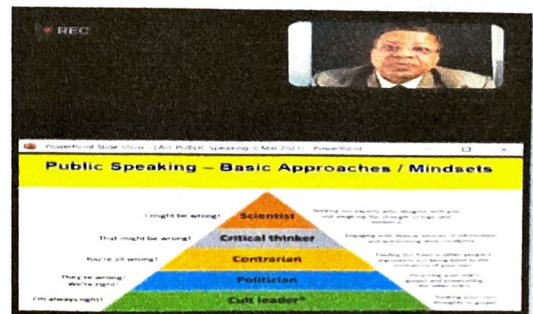
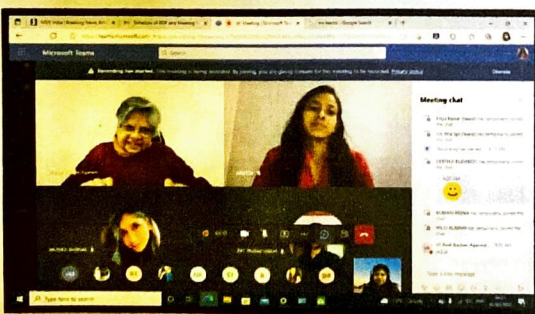
Glimpses of the workshop taken by Ms. Vibha, Initiator of Muskaan Trust & Genuine Contact Space



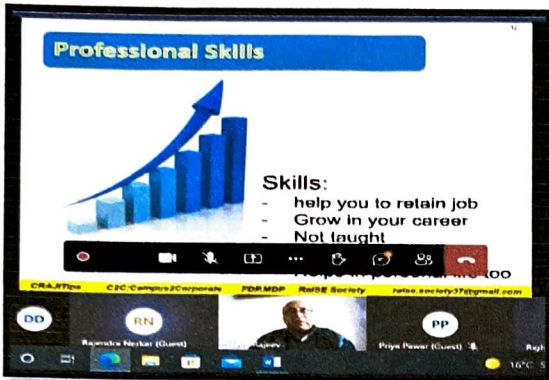
Glimpses of the workshop taken by Ms. Bandan Preet Mahajan, founder of Genius editorial & Walks of Life



Glimpses of the workshop taken by Ms. Bandan Preet Mahajan, founder of Genius editorial & Walks of Life



Glimpses of the workshop taken by Ms. Rashmi Agarwal, Interview Panelist, Counselor & Brig Sanjay Agarwal, Sena medal and Bar founder of Genius editorial & Walks of Life



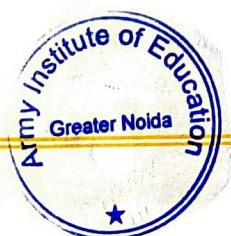
Glimpses of the workshop taken by Mr. Rajeev Jain, Founder of RaiSE Society



Glimpses of the workshop taken by Mr. Parth Shukla, Co-founder of 9LedgePro



Glimpses of the workshop taken by Mr. Vikas Gupta, Associate Director, Hotel Radisson Blu, Greater NOIDA & Dr Pratibha A Singh, Director and Consultant Clinical Psychologist, Kasturba Institute of Psychology and Behavioral Medicine, Greater NOIDA



Abhilasha Gautam

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