Chanda Shikshan Prasarak Mandal's

Janata Mahavidyalaya, Chandrapur

A Workshop on "Personality Development"

Organized by the Internal Quality Assurance Cell (IQAC) in Association with Kalinga University,

Raipur

Under the Capability Enhancement Scheme

Venue: Seminar Hall Date 30/01/2019 Time: 10 a.m.

Chanda Shikshan Prasarak Mandal's

Janata Mahavidyalaya, Chandrapur

A Workshop on "Stress Management"

Organized by the Internal Quality Assurance Cell (IQAC) in Association with Kalinga University,
Raipur

Under the Capability Enhancement Scheme

Venue: Seminar Hall Date 30/01/2019 Time: 11 a.m.

A

WORKSHOP

ON

PERSONALITY DEVELOPMENT AND STRESS MANAGEMENT

A one day personality development and stress management program was organized by IQAC, Janata Mahavidyalaya, Chandrapur on 30th January 2019 in association with Kalinga University Raipur.

Objectives of PD:

- 1. To familiarize participants with the emerging trend and ideas on how to develop personality.
- 2. To enhance their soft skills.
- 3. To learn goal setting, time management and leadership skills.

Objectives of Stress management:

The program was organized as a part of personal counseling for 1st year students.

- 1. Learn what stress is and what its types are.
- 2. To Know Symptoms of stress.
- 3. Ways to tackle different stress in students' life.

With these objectives one day workshop was organized on 30th January 2019 at 10.00 am. In seminar Hall. Dr. M.Subhas inaugurated the workshop. Principal, vice principals of all faculties and IQAC coordinator were present on the dais.

In the inaugural address, Dr. M.Subhas briefly explained the areas where a student feels stressed and how he can develop his personality through stress management. Dr. N.R.Baig, focused on the importance of personality development through goal setting, communications skills and by developing leadership qualities.

The resource person from Kalinga University with his ICT presentation created a platform where students felt at ease in interaction with him. In his second session he elaborated on stress management.

Number of participants: 84

The program was conducted by Dr. N.R.Baig and vote of thanks was proposed by Dr. Vinayak Bodhale.







Coordinator, IQAC
Co-Ordinator-IQAC
Jacate Mahavidyalaya
Chandrapur

Dr. M.Sylbhas (Pilhabhtal) Janata Mahavdyalayu Chendrapur Chanda Shikshan Prasarak Mandal's

Janata Mahavidyalaya, Chandrapur Civil Lines, Nagpur Road, Chandrapur

Internal Quality Assurance Cell (IQAC)

Academic Session 2018 -19

PROGRAMME PROFORMA

Place: Seminar Hall

Date: 30th January 2019

Name of the Programme/Activity

: A One Day Workshop

> Topic

: "Stress Management"

> Objectives of the Programme/ Activity is to: 1) how to manage stress in difficult situation

2) develop self confidence

3) interaction with the participants

4) generate self motivation among the students

Sr.	Name of	Sign	natu	Sr.	Name of the Academic	Sign	ature
No.	1) Chairperson	re	1	Nø.	Expert Guides		
1	Dr. M. Subhas (Principal)	1	N	1	Dr. Rahul Kumar Chawda		1

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Janata Mahavidyalaya, Chandrapur Civil Lines, Nagpur Road, Chandrapur

Internal Quality Assurance Cell (IQAC)

Academic Session 2018 -19

PROGRAMME PROFORMA

Place: Seminar Hall

Date: 30th January 2019

Name of the Programme/Activity

: A One Day Workshop

> Topic

: "Personality Development"

> Objectives of the Programme/ Activity is to: 1) thorough discussion about the factors

influencing Human Personality

- 2) highlight the importance of soft skills
- 3) interaction with the participants
- 4) generate self motivation among the students

Sr. No.	Name of 1) Chairperson	Signat	tu Sr. No.	Name of the Academic Expert Guides	Signature
1	Dr. M. Subhas (Principal)	1	2 1	Dr. Rahul Kumar Chawda	

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(ESTABLISHED, MAY 1958)



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Chanda Shikshan Prasarak Mandal's

JANATA MAHAVIDYALAYA, CHANDRAPUR.

NACC Re-accredited Institution Grade 'B' with 2.67 CGPA
(Affiliated to Gondwana University, Gadchiroli.)
(Arts, Commerce & Science : P.G., Sr. & Jr. Courses)
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Dr. M.Subhas M.Sc., Ph.D.
Principal

Ref No.: JMV/1524/2018-19

Date: 30 01 2019

Appreciation Letter

Internal Quality Assurance Ceii, Janata Mahavidyalaya, Chandrapur extends sincere appreciation to *Dr. Rahulkumar Chawda* for Conducting Workshops for the students on "Personality Development and Stress management" at our Institution on 30/01/2019.

We are very thankful to you and hope that you would extend your help in future too.

Principal
Amore Mahavidyalaya
Chandranan