

## **Report on Workshop on Personality Development Programme**

A ten day workshop on “Personality Development Programme” was organized by Teaching Learning Centre (TLC), Tezpur University, Tezpur, Assam from 27<sup>th</sup> August to 5<sup>th</sup> September, 2016. The main objective of the Workshop was to familiarize participants with the emerging ideas and trends on how to develop personality in the 21<sup>st</sup> century contexts. The programme also aimed to teach participants to work with various professionals, people and groups to understand the meaning of life and work in the present context; to enhance their communication skills and interpersonal skills in order to function in professional and social settings effectively; to enrich the academic language skills (writing and presentation skills) for academic writing and presentations; to understand effective planning, time management and implementation for setting goals and achieving both personal and professional goals; to learn to evaluate oneself (self appraisal and introspection) for further growth, personally and professionally.



Human personality influences and impacts the functioning of an individual and organizations. The fact that humans are social is determined by individual as well as collective contexts. Understanding one's own personality and nurturing it well enables one to be a fine human being and an effective

professional. Humans need to learn how to cope with the problems and face the hardships while shaping out careers to become professionals and contributing citizens. University education is to enable young adults to understand the world in the liberal sense and to take forward it for the better. It is in this context that the ten-day workshop was organized by the Teaching Learning Centre of Tezpur University for Teachers, Research Scholars and Post Graduate students to enrich various aspects of their personality and to shape themselves in achieving their pursuits. The workshop adopted the processes demonstration-cum-discussion,



presentation/lecture-cum-discussion, group work, group presentation, assignments and film / video viewing.





benefitted from this kind of programme. The session ended with a vote of thanks by Mr. Ikbal H. Ahmed. He expressed gratitude to all for their contributions. There were 45 numbers of



participants from different academic institutions of Assam including PG students, research scholars and faculty members. The programme was conducted from 9.30 am to 5.30 pm with 4 sessions each day.

## Day 1 (27/08/2016)



The first technical session started with “Understanding oneself: personality” by Dr. R. Meganathan. In this session participants interacted themselves in such a way that each participant introduced his/her next person so as to understand one’s personality very briefly.

Dr. R. Meganathan delivered his speech on “Living in the 21<sup>st</sup> Century: twenty first century skills”. He

pointed out how do we learn, live & work in this century. Participants were asked to present different skills of 21<sup>st</sup> century (according to them) in groups of 4 or 5 participants.





They prepared their thoughts and presented in groups. The session continued in the post-lunch sessions also. A video entitled “Wings of Evolution” on the topic of education for the marginalised was screened in the last session and the participants

discussed different aspects of the film.

## Day 2 (28/08/2016)

On the second day of the workshop Dr. Meganathan continued pre-lunch sessions with “Thinking Skills & Critical Pedagogy”. According to him, critical thinking includes six categories: Knowledge, Comprehension, Application, Analysis, Synthesis, and Evaluation.



His speech was followed by activity of the participants. Copies of relevant newspaper editorials were distributed among participants in groups of 3 or 4 to analyze the editorials and share their views.

Following situations were given to participants in groups to present.

- Right to Education: A problem or a solution?
- Jammu and Kashmir situation now: Should we use pellets or not?





- Cow protection: Should we ban or not?
- Reservation: Disease or Cure

### Day 3 (29/08/2016)

In pre-lunch sessions Dr. R. Meganathan delivered on “Communication skills and interpersonal skills” and “Academic language (English) skills”. The speaker mentioned that the crucial parts of communication skills are listening and attention.



After that the participants were asked to discuss on the following ideas in groups. The ideas were i) What ails Indian Universities, ii) Freedom is not free, iii) English language is a skill today, iv) Why is quality education elusive? v) Is social life deteriorating?.

Participants prepared their theme and ideas in chart papers and then presented according to their respective groups. They discussed about main theme of their selected idea and advantages and disadvantages.



In the post-lunch sessions group activity of previous session was continued. Along with that activity of roleplaying in a given situation has been performed silently by different groups of participants and they communicate among themselves. The other groups were asked to identify the silent act.

#### Day 4 (30/08/2016)

Prof. Chandana Goswami, Dean, School of Management Sciences, Tezpur University discussed on “Understanding Personality” and “Communication Skills” in pre-lunch sessions. She discussed understanding own self, transactional analysis and etiquette.



In the next talk two topics were discussed. One was How moderate are you? And another one is Communication skills. Post-lunch session was taken by Dr. Hitesh Sharma, Assistant Professor, Department of Education, Tezpur University. He delivered a talk on

“Barriers of communication skills”. He explained what the common barriers in communication and how to overcome from that.



The last session was Book review. Participants were asked to visit the Central Library of the University for their assignment of book review.

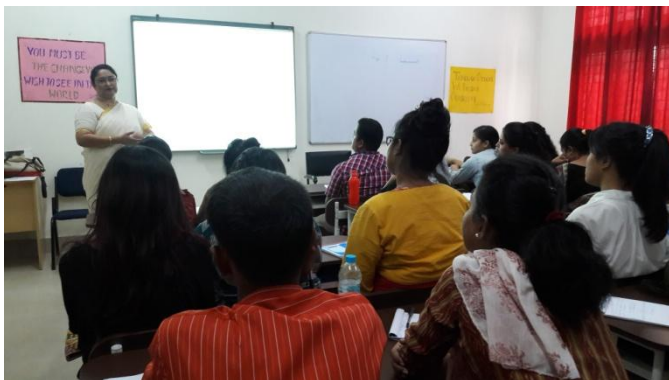
#### Day 5 (31/08/2016)

In the pre-lunch sessions Dr. Yeasmin Sultana, Assistant Professor, Department of Education, Tezpur University delivered her talk on “Time Management” and “Intelligence Test”.



She discussed about some strategies of time management namely goal setting, self-control, planning, execution/action, distractor overcoming etc. She also discussed about time matrix that help to focus on urgent and important tasks. An activity on level of stress has been

performed by the speaker.



In a Post-lunch session Dr. Chandana Goswami discussed on time demands at work, time management style, planning and scheduling, finishing things and self motivation. The speaker mentioned that above all ‘be true to own self’.



In the last session, Dr. Anjali Sharma, Head and Associate Professor, Department of Education, Tezpur University, discussed about How to develop personality. She discussed about the nature of personality and its importance.

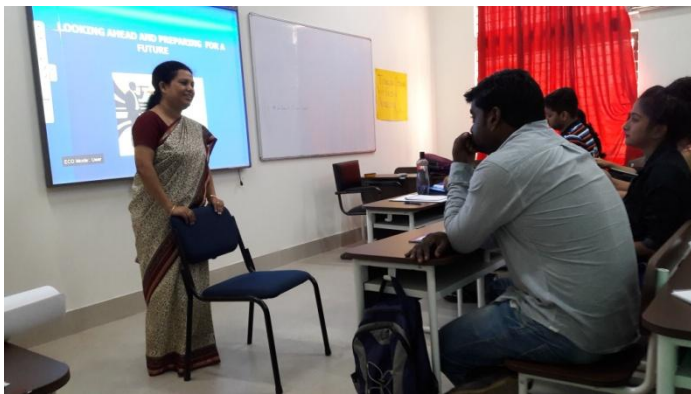
## Day 6 (01/09/2016)

In the first session of the day Dr. Mandakini Baruah, Assistant Professor, Department of Cultural Studies, Tezpur University, delivered her lecture on Gender Sensitization: An Important Soft Skill for Personality Development.



The speaker pointed out that by looking at some social issues a person could be gender sensitized. There is a serious need to change the mindset of the younger generations.





need to set the direction in our efforts.

In the second session Prof. Papori Baruah, Head, Department of Business Administration, Tezpur University, delivered her speech on Preparation for a Good Life. She focused on support system of individual in their daily life. There is



reduce, recycle and rotting.

In the post-lunch sessions Dr. Tridip Ranjan Sharma, Associate Professor, Department of Business Administration delivered a speech on “Green Workplace”. He explained the meaning of green in our workplace and green washing. He focused on reuse,



art of effective verbal communication and effective written presentation.

Also Dr. Padmini Bhuyan Baruah, Associate Professor, Department of English Language Teaching, Gauhati University, discussed on “Effective Presentation Skills”. She discussed on requirement for effective presentation, the

## Day 7 (02/09/2016)



In pre-lunch sessions Dr. Padmini Baruah delivered her speech on “Academic reading: Skills and Strategies” and “Writing for Academic Purposes” along with some activities. The speaker pointed out the steps of



academic reading. Practice work of reading article and summarizing had been performed. She also discussed about components of good academic text like paragraph, logical sequence, discourse markers as linkers, style, content, structure.



of participants through an activity.

Post-lunch sessions were delivered by Dr. Milly Baby, Associate Professor, V.N. Govt. Institute of Arts and Social Sciences, Nagpur. She discussed on “Personality Development” and “Motivation and Proactive Behaviours for Achievers”. The speaker focused on Resilience Scale and tested the resilience

### **Day 8 (03/09/2016)**

Dr. Milly Baby discussed on “Leadership Skills: Becoming A Leader” and “Stress and Conflict Management” in the pre-lunch sessions.



work.

In the post-lunch sessions Dr. M. V. Srinivasan, Associate Professor, NCERT, New Delhi, delivered on “Learning to Research: Qualitative Research”. In this session Dr. Srinivasan told how to prepare a project proposal. Participants prepared a project proposal in a group of 3 or 4 numbers of participants and then they present their

### **Day 9 (04/09/2016)**



First session of the day was taken by Dr. M. V. Srinivasan on “Style in academic Life”. He discussed about how to write academic writing. (Shaping and growing as a professional in the changing context).

Second session was taken by Dr. Milly Baby and she focused on “Being a conductive person”. A test on the black & mouton managerial grid leadership self-assessment questionnaire was performed with the participants to test their task. Post-lunch sessions were watching video and participants were assigned to prepare presentations on book review, film review, essay on particular theme for the next day.

### Day 10 (05/09/2016)

In the last day of the programme pre-lunch sessions were taken by Dr. Yeasmin Sultana. These sessions were presentations from participants. Each participant presented their review work of a book and a movie. They also submitted the hard copy of their assignments.



Last session was Feedback and Valedictory. The Valedictory session was graced by Pro Vice-Chancellor, Prof. Manabendra Bhuyan, Prof. Sunil Kumar Dutta, Department of Social Work, Prof. Madan M. Sarma, Department of EFL and Dr. Biren Das, Registrar, Tezpur University.



The session started with welcome address by Ms. Swapnarani Bora and was followed by felicitation of the guests. It was followed by speech from Prof. Manabendra Bhuyan. In his speech he mentioned that personality is a quality through which we can communicate somebody else. Personality is a moral works and quality



through which environment will laugh to hear oneself. It is not a quality which can be gain in a day but could be developed by practice. He also pointed that we always have to say 'yes' though we know that there is a 'no' which impact positively on one's personality. He concluded his speech congratulating the Centre for organizing this kind of programme.



and research in development of personality.

Prof. Madan M. Sharma started his speech with the importance of personality development, according to him personality depends on confidence and it comes from knowledge. He felt that for an academician the entire programme was fruitful. He also added the importance of language teaching



programme in near future.

Dr. Biren Das congratulate all for participation and successful completion of the entire programme. He mentioned one more additional point of personality in any profession is that professional ethics and that gave satisfaction in respective professions. He gave his best wishes to organize this kind of



Prof. Sunil K. Dutta delivered his speech regarding personality with special reference to some of great persons like Srimanta Sankardeva, Rabindranath Tagore, Einstein. He added the importance of teacher in developing one's personality.

The session was followed by participants feedback and distribution of certificates by distinguished guests.





The brief report of the workshop was presented by Prof. P.K. Das, Director, TLC. The programme was ended with vote of thanks by Ms. Bhushita Patowari, Research Associate, TLC.

