

KAHM Unity Women's College, Manjeri

Programme Report

SESSION ON PERSONALITY DEVELOPMENT

1.Name of the programme	SESSION ON PERSONALITY DEVELOPMENT
2.Aim, Objectives, and Scope of the programme	• To enhance self-awareness • To fostering positive attitudes
3.Name of the coordinator/organizing secretary	Teacher Coordinator- fathima shirin K A Student Coordinator- safiya yasmin
4.Date of programme	20 th march 2024
5.Mode of the programme(offline/online)	Offline
6.Total number of attendees/participants	65
7.Organizing body	Department of Psychology, wellness club
8.Organizing committee members	Fathima shirin K A, safiya Yasmin,nadah,swohba
9.Students' involvement in organizing the programme	Active involvement in finding topic, arranging necessary things for the programme
10.Detailed report of the programme	Personality Development Session Report The personality development session held on March 20, 2024, was a significant event organized by the Wellness Club in collaboration with the Department of Psychology. The session aimed to enhance personal growth, self-awareness, and interpersonal skills among students. The session handled by Mr Abdul Raoof, consultant psychologist -wellness Clinic Manjeri. The session began with an overview of personality development, emphasizing its importance in personal and professional life. The resource person highlighted various aspects of personality, including traits, attitudes, and behaviour. The personality development session was well-received by attendees, who expressed gratitude for the valuable insights

	and practical tips provided. The event served as a catalyst for personal growth and self-improvement, equipping participants with the tools and knowledge to enhance their personalities and lead fulfilling lives. The event coordinated by wellness Club coordinator Mrs Fathima Shirin K A (Assistant professor Adhoc Department of psychology) & Wellness Club secretary Safiya Yasmin (1st year Bsc Psychology)																
11. feedback	Rate the program BAR CHART <table border="1"> <thead> <tr> <th>Category</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Disag.</td> <td>0.0</td> </tr> <tr> <td>Somew.</td> <td>0.0</td> </tr> <tr> <td>Neutr.</td> <td>1.0</td> </tr> <tr> <td>Somew.</td> <td>0.0</td> </tr> <tr> <td>Agree</td> <td>1.0</td> </tr> <tr> <td>good</td> <td>16.0</td> </tr> <tr> <td>excel.</td> <td>36.0</td> </tr> </tbody> </table>	Category	Percentage	Disag.	0.0	Somew.	0.0	Neutr.	1.0	Somew.	0.0	Agree	1.0	good	16.0	excel.	36.0
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12.feedback analysis	36%students reported that the session was excellent.16%students rated good. Overall the programme was successful.																
13.Outcome, Evaluation, and results of the programme	The program resulted in increased participation and positive feedback from the students.																
14.Signature of the organizing secretary																	