

A Report
On
PERSONALITY ENHANCEMENT PROGRAM

A Three Month Certificate Course

5th July - 30th September 2016

Organized by

DEPARTMENT OF ENGLISH

The Department of English of D.M's College and Research Centre, Assagao, organized a three month certificate course on **PERSONALITY ENHANCEMENT & SELF- PRESENTATION** in collaboration with **IMAGE MOSAIC**, an established Grooming & Etiquette Consultancy firm in Goa. The resource persons were Ms. Charmaine Shackleton Godinho and Ms. Sneha Salgaonkar. The endeavour was to give the students a head start in becoming dynamic individuals with enhanced personalities. The students showed their interest and eagerness by participating in all the activities conducted during the course.

Over a series of sessions, the participants were introduced to a wide gamut of talks and exercises wherein their core moral values were fine-tuned; training in social code of conduct for various situations was imparted and the "gift wrapping" of the participants was made impressive and effective.

The sessions incorporated social, business and table etiquette. The participants were trained in the art of conversation- manner of speech, use of vocabulary according to the social situations as well as the necessity to follow protocol when greeting people from various strata of life. Body language was also one of the core components handled by the resource persons. Invaluable suggestions pertaining to expression of individual personality through subtle ways and likewise the many follies and foibles unique to each person were also noted and made cognizant to the participants. They were further guided in the art of fashion keeping in check the requisite need of being appropriately attired at all times but particularly in a business and social set-up; along with suitable hairstyle and make-up befitting the occasion.

Information pertaining to nutrition and diet was also imparted, with the later part of the session being devoted to table manners. The participants were introduced to the art of fine dining using cutlery. They even had a hands-on practice of eating with a fork and knife.

On the concluding day, 49 participants were awarded the certificates and feedback was obtained from them. All the participants displayed tremendous enthusiasm throughout the course and opined that it was a truly enriching experience.

Submitted by

M. Shanthi

Ms. M. Shanthi

Head, Department of English



Dnyanprassarak Mandal's
College and Research Centre, Assagao, Bardez, Goa
(ATTENDANCE SHEET)
(Certificate Course)

Academic Year: 2016-17

Department: Department of English

Name of the Course: Personality Enhancement and Self Presentation

Sr. No.	Admission No.	Roll No.	Class & Div	Name of the Student	Date & Hours												
					July 2016				August 2016					September 2016			
					5 2 & 1/2 hr	12 2 & 1/2 hr	19 2 & 1/2 hr	26 2 & 1/2 hr	2 2 & 1/2 hr	9 2 & 1/2 hr	16 2 & 1/2 hr	23 2 & 1/2 hr	30 2 & 1/2 hr	15 2 & 1/2 hr	20 2 & 1/2 hr	27 2 & 1/2 hr	30 2 & 1/2 hr
1	1601051	3	FY BA	BASIL RATHISH	P	P	P	P	P	A	P	P	A	P	P	P	P
2	1601029	6	FY BA	CHARI ANKITA ANKUSH	P	P	P	P	P	P	P	P	P	P	P	P	P
3	1601011	9	FY BA	DESAI DATTAPRASAD VINOD	P	P	P	P	P	A	P	P	A	P	P	P	P
4	1601008	11	FY BA	D'SOUZA LAVINA JOHNBRID	P	P	P	P	P	P	P	P	A	P	P	P	P
5	1601041	15	FY BA	GAWAS SNEHA SATYAWAN	P	P	P	A	P	P	P	P	P	P	P	P	P
6	1601009	17	FY BA	HARMALKAR SWETAL SHRIKANT	P	P	P	P	P	P	P	P	P	P	P	P	P
7	1601001	21	FY BA	KHANDEPARKAR SASHI	P	P	P	P	P	P	P	P	P	P	P	P	P
8	1601007	22	FY BA	KORGAONKAR DEEXHITA SACHIT	P	P	P	P	P	P	P	P	P	P	P	P	P
9	1601047	33	FY BA	MASCARENHAS BELLA ALISON	P	P	P	P	P	P	P	P	P	P	P	P	P
10	1601003	36	FY BA	NAIK ALISHA ATMARAM	P	P	P	P	P	P	P	P	P	P	P	P	P
11	1601023	40	FY BA	NAIK SAMIKSHA RAJENDRA	P	P	P	P	P	P	P	P	P	P	P	P	P
12	1601026	42	FY BA	NAIK SUBHEKSHA SUBHASH	P	P	P	P	P	P	P	P	P	P	P	P	P
13	1601059	46	FY BA	PARSEKAR VRUSHALI SUSHANT	P	A	P	A	P	P	P	P	P	P	P	P	P
14	1601017	47	FY BA	PATKAR SHRUTI SOMNATH	P	P	P	P	P	P	P	P	P	P	P	P	P
15	1601021	51	FY BA	SAHANI SURENDRA	P	P	P	P	P	P	P	P	P	P	P	P	P
16	1601015	54	FY BA	SHETGAONKAR ALISHA ANIL	P	P	P	P	P	P	P	P	P	P	P	P	P
17	1601013	56	FY BA	SHETYE SHUBHAM LADU	P	P	P	P	P	P	P	P	P	P	P	P	P
18	1601058	58	FY BA	TALGAONKAR AMANSHA MAHADEV	P	P	P	P	P	P	P	P	P	P	P	P	P
19	1501025	3	SY BA	CHAVAN BABEETA SHIRISH	P	P	A	P	P	P	P	P	P	P	P	P	P
20	1501019	4	SY BA	FERNANDES ELINA LOUIS	P	P	P	P	P	P	P	P	P	P	P	P	P



21	1501048	6	SY BA	FURTADO HENSLIE JOSE	P	P	P	P	P	P	P	P	P	P	P	P	P
22	1501017	7	SY BA	HALANKAR DICKSHA BHARAT	P	P	P	P	P	P	P	P	P	P	P	P	P
23	1501047	13	SY BA	S. EDIL CLINTON	P	P	P	P	P	P	P	P	P	P	P	P	P
24	1501037	16	SY BA	GAWAS PADMASHREE ATMARAM	P	P	P	P	P	P	P	P	P	P	P	P	P
25	1501032	18	SY BA	KARPE BALKRISHNA SHRIKANT	P	P	P	P	P	P	P	P	P	P	P	P	P
26	1501039	22	SY BA	SAWANT MANJITA MORU	P	P	P	P	P	P	P	P	P	P	P	P	P
27	1501020	32	SY BA	BAHADUR DEEPA GANESH	P	P	P	P	P	P	P	P	P	P	P	P	P
28	1501002	33	SY BA	BANAULIKAR YOGITA PRAKASH	P	P	P	P	P	P	P	P	P	P	P	P	P
29	1501014	34	SY BA	DESAI SHREYA RAMESH	P	P	P	P	P	P	P	P	P	P	P	P	P
30	1501018	35	SY BA	FADTE PRAGATI PRADEEP	P	A	P	P	P	P	P	P	P	P	P	P	P
31	1501042	37	SY BA	GAWAS ARPITA EKNATH	P	P	P	P	P	P	P	P	P	P	P	P	P
32	1501067	38	SY BA	GHOGLA EKATA ASHOK	P	P	P	P	P	P	P	P	P	P	P	P	P
33	1501052	40	SY BA	KAMAL MUJAHID MUSTAFA	P	P	P	P	P	P	P	A	P	P	P	P	P
34	1501004	42	SY BA	MATKER SMITA BHARAT	P	P	P	P	P	P	P	P	P	P	P	P	P
35	1501030	44	SY BA	NAIK RUSHABH GIRISH	P	P	P	P	P	P	P	P	P	P	P	P	P
36	1501038	46	SY BA	PARAB SWATI ROHIDAS	P	P	P	P	P	P	P	P	P	P	P	P	P
37	1501034	48	SY BA	PEDNEKAR SUSHMITA BHARAT	P	P	P	P	P	P	P	P	P	P	P	P	P
38	1501023	49	SY BA	RAJBHER HEMA MAHESH	P	P	P	P	P	P	P	A	P	P	P	P	P
39	1501024	50	SY BA	SALGAONKAR TANVI JANARDAN	P	P	P	P	P	P	P	P	P	P	P	P	P
40	1501015	51	SY BA	SHIRODKAR KUNJETA VISHAKANT	P	P	P	A	P	P	A	P	P	P	P	P	P
41	1501027	52	SY BA	SHIRSAT PRIYANKA VASANT	P	P	P	A	P	P	A	P	P	P	P	P	P
42	1501053	54	SY BA	TALUR LAXMI	P	P	P	P	P	P	P	P	P	P	P	P	P
43	1501026	55	SY BA	VASOLKAR ANUJA AMOL	P	P	P	P	P	P	P	A	A	P	P	P	P
44	1603288	49	FY BCOM E	AMBREY AVINASH	P	P	P	P	P	P	P	P	P	P	P	P	P
45	1401001	2	TY BA	T. JOHNSON DAVID	P	P	P	P	P	P	P	P	P	P	P	P	P
46	1401039	8	TY BA	SHAIKH HASFINA MOHAMMED	P	P	A	P	P	P	P	P	P	P	P	P	P
47	1401007	10	TY BA	TULASKAR RESHMI RAMAKANT	P	P	A	P	P	P	P	P	P	P	P	P	P
48	1401022	26	TY BA	KORGAONKER SUJAY SUBHASH	P	P	P	P	P	P	P	P	P	P	P	P	P
49	1401017	29	TY BA	RANE SWAMIKSHYA MANSING	P	P	P	P	P	P	P	A	A	P	P	P	A



Signature of H.O.D.: MShane

DEPARTMENT OF ENGLISH
Organizes
PERSONALITY ENHANCEMENT PROGRAM
A Three Month Certificate Course

DURATION: 3 Months
5th July - 30th September

INTRODUCTION:

It is a well-accepted and recognized fact that there is a strong co-relation between a personality's ability to perform efficiently and thus contribute better to the growth of an organization and its workforce. The human personality can also be modified to a certain extent through well designed courses that will help develop positive attitude in each individual leading to a better team and the combined output.

In a continuous zeal to provide best to our students the Department of English is organizing a Personality Development Program in collaboration with IMAGE MOSAIC, GOA to provide exuberant experience to our college students. A three-month Personality Enhancement Program essentially aims to develop and groom one's outer and inner self to bring about a positive change in his life. The program will host workshops which will be distinctively structured around 'Communication, Collaboration and Critical Thinking' to pave a strong foundation of Employability skills for a successful future. The workshop will include modules on personal grooming , etiquettes , stress management along with tips on health, diet and nutrition.

COURSE OBJECTIVES:

- Initiate the Self-Developmental process.
- Inspire to adopt a right mindset to achieve success at professional as well as personal areas of life.
- Get a tool to change the attitude towards situation and people from 'react' to 'respond' in your environment.
- Develop a positive thought process about your circumstances and environment and to make best use of it.
- To be better equipped to understand the factors that contribute to your success and to overcome the barriers.
- Get a better understanding of 'self' to improve your performance level as an individual.

LEARNING OUTCOMES:

- Display Communication Skills (verbal and Non-verbal) effectively
- Use Body Language
- Develop Personal Grooming sense
- Learn Social Graces and Etiquettes

- **Device Time Management strategies and handle Stress**
- **Develop Decision Making Skills**
- **Handling Criticism and Emotional Intelligence**

COURSE CONTENT:

1. **PERSONAL GROOMING : Hygiene, Appropriate and Effective Dressing, Appearances (make-up and hairstyles)**
2. **SOCIAL GRACES : Manners and Poise, Posture and Carriage**
3. **COMMUNICATION SKILLS : Verbal and Non Verbal**
4. **ETIQUETTES : Telephone, Travel, Social and Work place, basics of Table manners, Dining etiquettes.**
5. **FITNESS : Health, Diet and Nutrition**
6. **INTERVIEW TECHNIQUES: Appearing and answering interviews, dressing**

RESOURCE PERSON:

- **Ms. Charmaine Godinho - IMAGE MOSAIC, GOA**

SCHEME OF EVALUATION:

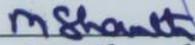
- **GAMES**
 - **QUIZZES**
 - **PRESENTATIONS**
 - **MOCK INTERVIEWS**
 - **ROLE PLAY**
 - **EXERCISES**
-



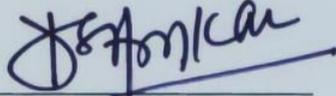
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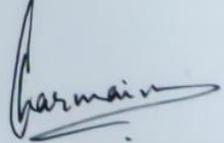
Department of English

This certificate is awarded to Mr./Ms. **Yogita**
Banaulikar of **SYBA** for
successfully completing a three-month certificate
course in "Personality Enhancement & Self
Presentation" organized by the Department of English
in collaboration with Image Mosaic, Goa.


Ms. M. Shanthi
Head, Dept. of English




Dr. D. B. Arolkar
Principal


Ms. Charmaine Godinho
Resource Person

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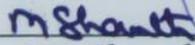
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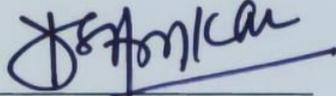
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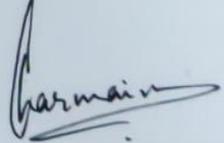
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This certificate is awarded to Mr./Ms. Rushabh
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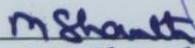
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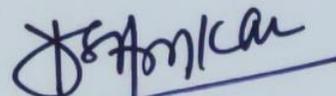
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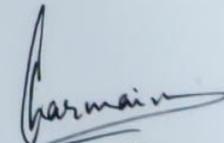
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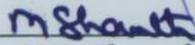
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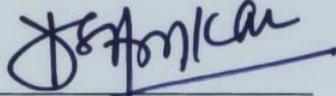
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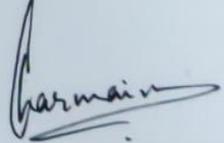
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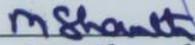
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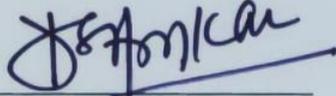
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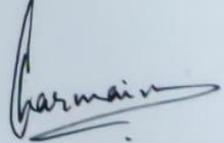
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Head, Dept. of English




Dr. D. B. Arolkar
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