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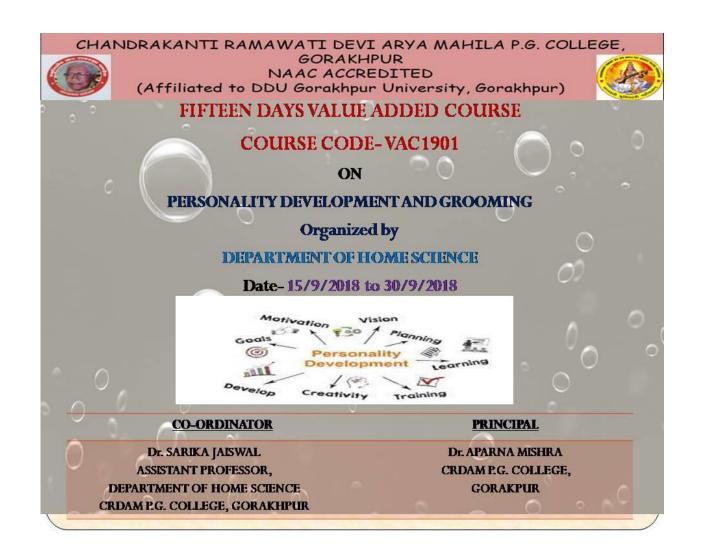
दीवान बाजार, गोरखपुर (उत्तर प्रदेश)

Mobile No-+91-9076651662 Mail ID- crdpgcollege.gkp@gmail.com
Address: New Colony, Dewan Bazar Gorakhpur -273001

Personality Development And Grooming

Dept.:- Homescience Department

Course code:-VAC1901 Duration:-15 Days (30 hrs)



प्राचार्या प्राचार्या पन्द्रकान्ति रमावती देवी आर्थ महिला पीठ जीठ कालैज,गोरखपुर



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VALUE ADDED COURSE

ORGANISED BY HOME SCIENCE

DATE 15/9/2018 to 30/9/2018 15 DAYS (30HOURS)

PERSONALITY DEVELOPMENT AND SELF GROOMING

This comprehensive course, organized by the Home Science Department, aimed at enhancing participants' personal and professional effectiveness through a blend of theoretical insights and practical exercises in personality development and self-grooming. By the end of the course, participants gained a deeper understanding of themselves, improved their personal and professional presentation, and acquired practical skills to maintain a polished and confident demeanor. The course successfully integrated theoretical knowledge with practical applications, equipping attendees with tools for ongoing self-improvement and effective personal branding.

DETAILS OF VALUE ADDED COURSE

1	Name of Syllabus	PERSONALITY DEVELOPMENT AND SELF
		GROOMING
2	No. of Students	105
3	No. of Faculty	12
4	Duration	30 Hours
5	Type	Part Time
6	No. of Days/ Week	15 Days
7	No. of Hours/Day	2 Hours
8	Objective of Syllabus/ Introduction	To explain how we develop our own unique characteristics and traits

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COURSE OUTCOMES

- Self development skills
- Effective communication
- Personality development and self grooming

ASSESSMENT METHOD:- Practical & Descriptive Written Exam

SYLLABUS

UNIT I

PERSONALITY DEVELOPMENT- Developing self- awareness through introspection and reflection.

Identifying personal goals and aspirations, Presentation and public speaking skills.

<u>UNIT II</u>

PERSONAL GROOMING AND IMAGE BUILDING- Dressing appropriately, personal hygiene and grooming, Etiquette and social graces, Dressing sense and table manners, Diet, exercise and mental health, Body language.

UNIT III

RESUME FORMAT- An introduction to the resume, Types of resume, preparing to write your resume.

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ACTIVITY PIC



Beautician Class Hairstyling



Sewing Embroidery



Food Fair Presentation

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ACTIVITY REPORT

The Personality Development and Grooming Programme, organized by the Home Science Department in collaboration with the Internal Quality Assurance Cell (IQAC) at CRDMPG College, took place from 15th September 2018 to 30th September 2018. This initiative aimed to enhance students' personal and professional skills through a structured curriculum that included workshops on self-awareness, communication, and grooming. This collaborative effort significantly contributed to the holistic growth of the students, preparing them for future challenges.

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ATTENDANCE

गोरखपुर



व्याख्यान पंजिका Lecture Register

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प्राचार्या दन्द्रकान्ति रमावती देवी आर्थ महिला पी० जी० कालेज,गोरखपुर

TOPIC: PERSONALI	ITY DEVELOPMENT & SELF GROOMING	30/04/18
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