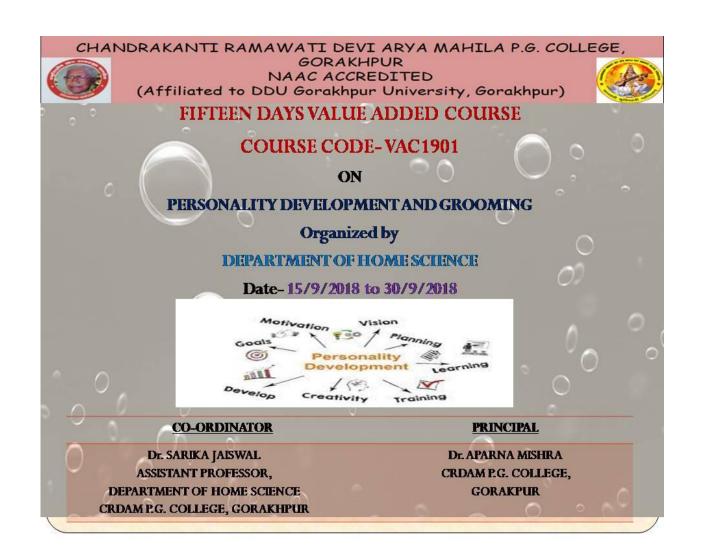


Mobile No-+91-9076651662 Mail ID- <a href="mailto:crdpgcollege.gkp@gmail.com">crdpgcollege.gkp@gmail.com</a>
Address: New Colony, Dewan Bazar Gorakhpur -273001

# **Personality Development And Grooming**

# **Dept.:- Homescience Department**

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





## CHANDRAKANTI RAMAWATI DEVI ARYA MAHILA P.G. COLLEGE चन्द्रकान्ति रमावती देवी आर्य महिला पी.जी. कालेज

(Accredited by NAAC)

दीवान बाजार, गोरखपुर (उत्तर प्रदेश)

Mobile No-+91-9076651662 Mail ID- <a href="mailto:crdpgcollege.gkp@gmail.com">crdpgcollege.gkp@gmail.com</a>
Address: New Colony, Dewan Bazar Gorakhpur -273001

## **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	Туре	Part Time
6	No. of Days/ Week	15 Days
7	No. of Hours/Day	2 Hours
8	Objective of Syllabus/	To explain how we develop our own unique
	Introduction	characteristics and traits



Mobile No-+91-9076651662 Mail ID- <a href="mailto:crdpgcollege.gkp@gmail.com">crdpgcollege.gkp@gmail.com</a>
Address: New Colony, Dewan Bazar Gorakhpur -273001

### **SYLLABUS**

#### **COURSE OUTCOMES-**

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

#### <u>UNIT I</u>

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

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

#### **UNIT II**

**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.



## CHANDRAKANTI RAMAWATI DEVI ARYA MAHILA P.G. COLLEGE चन्द्रकान्ति रमावती देवी आर्य महिला पी.जी. कालेज

(Accredited by NAAC)

दीवान बाजार, गोरखपुर (उत्तर प्रदेश)

Mobile No-+91-9076651662 Mail ID- <a href="mailto:crdpgcollege.gkp@gmail.com">crdpgcollege.gkp@gmail.com</a>
Address: New Colony, Dewan Bazar Gorakhpur -273001



**Beautician Class** 



Hairstyling



**Sewing Embroidery** 



**Food Fair Presentation**