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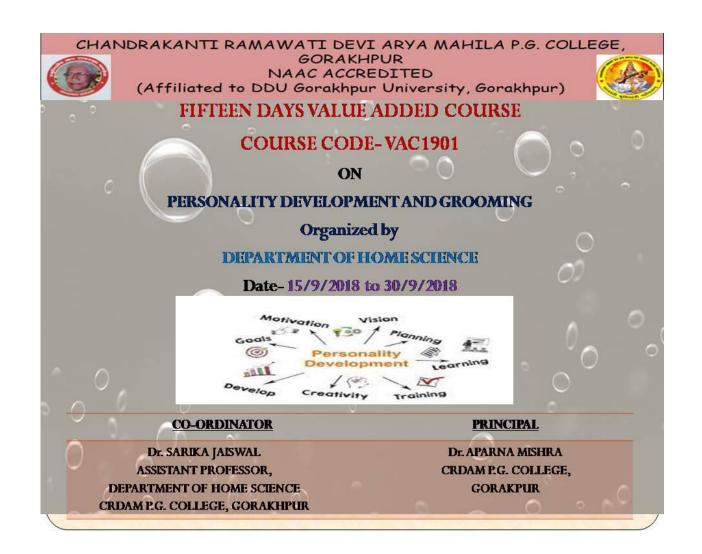
दीवान बाजार, गोरखपुर (उत्तर प्रदेश)

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

प्राचार्या इन्द्रकान्ति रमावती देवी आर्य महिला पी० जी० कालैज,गोरखपुर



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SYLLABUS

COURSE OUTCOMES-

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

UNIT I

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.

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Beautician Class



Hairstyling



Sewing Embroidery



Food Fair Presentation

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