



**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- [crdpgcollege.gkp@gmail.com](mailto: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)

CHANDRAKANTI RAMAWATI DEVI ARYA MAHILA P.G. COLLEGE,  
GORAKHPUR  
NAAC ACCREDITED  
(Affiliated to DDU Gorakhpur University, Gorakhpur)

**FIFTEEN DAYS VALUE ADDED COURSE**

**COURSE CODE-VAC1901**

**ON**

**PERSONALITY DEVELOPMENT AND GROOMING**

**Organized by**

**DEPARTMENT OF HOME SCIENCE**

**Date- 15/9/2018 to 30/9/2018**

**CO-ORDINATOR**

Dr. SARIKA JAISWAL  
ASSISTANT PROFESSOR,  
DEPARTMENT OF HOME SCIENCE  
CRDAM P.G. COLLEGE, GORAKHPUR

**PRINCIPAL**

Dr. APARNA MISHRA  
CRDAM P.G. COLLEGE,  
GORAKHPUR

प्रिन्सिपल  
चन्द्रकान्ति रमावती देवी आर्य महिला  
पी० जी० कालेज, 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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## 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**

*Signature*  
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