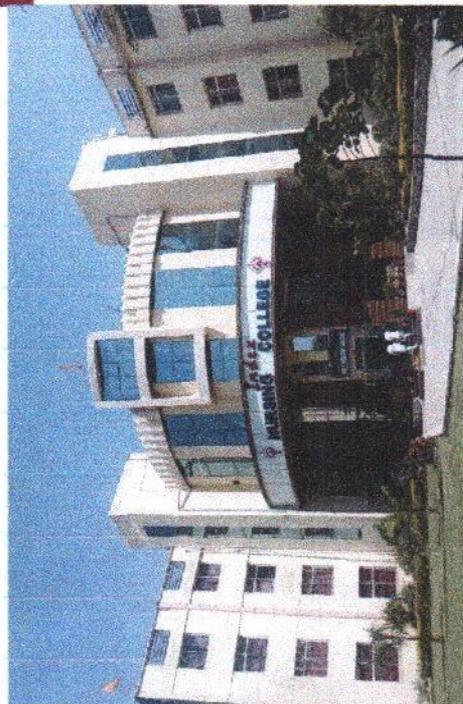




# INDEX NURSING COLLEGE INDORE, M.P.

(Run by Mayank Welfare Society)

Approved by Indian Nursing Council, New Delhi,  
Madhya Pradesh Nurses Registration Council, Bhopal (M.P.)  
(Constituent Unit of Malwanchal University, Indore, M.P.)



Registrar  
Malwanchal University  
Indore (M.P.)

Training Program on

**PERSONALITY DEVELOPMENT.**

DATE - 13-05-2024 to 17-05-2024

## Concept

Personality development is the process of enhancing and grooming one's outer and inner self to bring about positive changes in life. It involves improving various aspects of an individual's character, attitude, behavior, and interpersonal skills to foster personal and professional growth. A well-developed personality leads to better opportunities, confidence, relationships, and overall success.

## Objectives

After completion of value added course, they will be able to:

- Discusses The Power of Positive Thinking and Its Impact on Personality
- Tell about the Building Self-Confidence and Overcoming Self-Doubt
- Explain the Effective Communication Skills for Success
- Describe the Emotional Intelligence: Key to Personal and Professional Growth
- Tell about the Time Management and Productivity: Boosting Efficiency
- Describe the Mastering Public Speaking: How to Present Yourself with Confidence
- Discusses the Developing Leadership Qualities: Becoming an Effective Leader
- Explain Building and Maintaining Strong Relationships
- Enumerate Overcoming Procrastination and Boosting Motivation
- Tell about the Stress Management for Personal and Professional Growth
- Discusses The Art of Decision Making: Making the Right Choices.
- Describe the Developing a Growth Mindset for Success

- Explain the Improving Interpersonal Skills and Building Rapport
- Define The Role of Appearance and Body Language in Personality Development

## Modules

Introduction of time management

- The Power of Positive Thinking and Its Impact on Personality
- the Building Self-Confidence and Overcoming Self-Doubt
- Effective Communication Skills for Success
- Emotional Intelligence: Key to Personal and Professional Growth
- Time Management and Productivity: Boosting Efficiency
- Mastering Public Speaking: How to Present Yourself with Confidence
- Developing Leadership Qualities: Becoming an Effective Leader
- Building and Maintaining Strong Relationships
- Overcoming Procrastination and Boosting Motivation
- Stress Management for Personal and Professional Growth
- Art of Decision Making: Making the Right Choices.
- Developing a Growth Mindset for Success
- Improving Interpersonal Skills and Building Rapport
- The Role of Appearance and Body Language in Personality Development

Organizing Chairperson

**Dr. Smriti G. Solomon**

Principal, Index Nursing College

Organizing Secretary :

**Dr. Jitendra Chicholkar**

Mobile No. 8889882808

Principal  
INDEX NURSING COLLEGE  
INDORE (M.P.)



# INDEX NURSING COLLEGE

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Constituent Unit of Malwanchal University, Indore (M.P.)



Ref. no. 413/c

Date 06/05/2024

## CIRCULAR

This is to inform all the non teaching staff that Index Nursing College, Indore is conducting five days training program on **“Personality Development”** from 13 to 17 May 2024 at B.Sc. Nursing 4<sup>th</sup> Year Class Room.

  
Principal

Index Nursing College

Indore (M.P.)

**Principal**  
INDEX NURSING COLLEGE

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- All Concerned Authority
- File

  
**Registrar**  
Malwanchal University  
Indore (M.P.)

College Address : Gram Morodhat, Nemawar Road, Post. Bavlia Khurd, Dist., INDORE - 452 016 (M.P.), Ph. : 0731- 4013751

E-mail : nursing@indexgroup.co.in • Visit us : www.indexgroup.co.in

City Office : 104, Trishul Apartment 5, Sanghi Colony, A.B. Road, INDORE -08, Ph. : 0731-4215757, Fax : 0731-4044715



# INDEX NURSING COLLEGE

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## TRAINING PROGRAMME ON PERSONALITY DEVELOPMENT

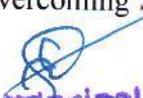
### Overview

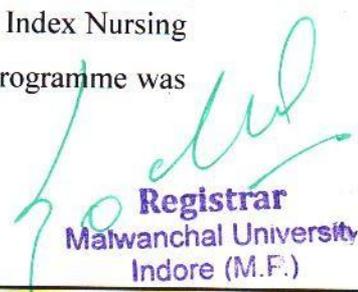
Index nursing college affiliated to Malwanchal University organized Training Programme for non teaching staff on " **Personality development** " from 13<sup>th</sup> to 17 May 2024 under the guidance of Dr. Prof. Smriti G Solomon, Principal, Index Nursing College and with the blessings of Shri. Suresh Singh Bhadoria, Chairman, Index Group of Institutions.

### Course outline:

Personality development is the process of enhancing and grooming one's outer and inner self to bring about positive changes in life. It involves improving various aspects of an individual's character, attitude, behavior, and interpersonal skills to foster personal and professional growth. A well-developed personality leads to better opportunities, confidence, relationships, and overall success.

The program was organized for five days and the timings were from 2:00 Pm to 4:00pm. The first day session was started with registration at 2:00pm. This was followed by inaugural ceremony. The Chief Guest was Dr. Vijendra Singh Pro Deputy Registrar Malwanchal University , M.P. The inauguration session was started with lighting the lamp by the chief guest Dr. Vijendra Singh Pro Deputy Registrar Malwanchal University with the Dr. Smriti G Solomon Principal Index Nursing College and Dr. Jitendra Chicholkar Organizing Secretary. After lamp lighting, welcome speech was delivered by Miss. Twinkal Parikh, Tutor/Clinical Instructor. This was followed by a break of 15 minutes. The first educative session was given by the chief guest, Dr. Vijendra Singh on "Power of Positive Thinking ". The second session was started at 1:00 pm and work stations were organized by Dr. Berlin Sara Thampy, Professor, Dr. Prabhanshu Vyas, Professor, Index Nursing College & Dr. Jitendra Chicholkar, Associate Professor, Index Nursing College on " Building Self-Confidence and Overcoming Self-Doubt ". Training programme was

  
Principal  
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E-mail : [nursing@indexgroup.co.in](mailto:nursing@indexgroup.co.in) • Visit us : [www.indexgroup.co.in](http://www.indexgroup.co.in)

City Office : 104, Trishul Apartment 5, Sanghi Colony, A.B. Road, INDORE -08, Ph. : 0731-4215757, Fax : 0731-4044715

started, topic was introduced to staff. Introductory class first day session was wound up at 4:00pm.

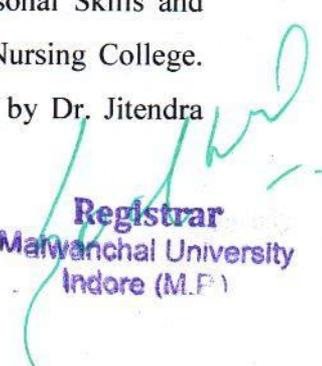
On the second day the first session was given by Dr. Smriti G Solomon Principal Index Nursing College on " Effective Communication Skills for Success ". The session was followed by a break of 15 minutes. The second session of the day was on " Emotional Intelligence " and the speaker was Dr. Reena Thakur, Professor, Index Nursing College and, The session was followed by lunch break. The afternoon session was headed by Dr. Prabhanshu Vyas Professor, Index Nursing College & Dr. Jitendra Chicholkar, Assistant Professor, Index Nursing College and they co-ordinate on understanding " Time Management and Productivity ". The second day session was wound up at 4:00 pm.

On the third day, the first session was given by Dr. Bidyani Devi, Professor, Index Nursing College on " Mastering Public Speaking ". The session was followed by a break of 15 minutes. The second session of the day was on " Developing Leadership Qualities and the speaker was Dr. Ankush Patrick, Professor MSN Department, Index Nursing College. The session was followed by lunch break. The afternoon session was headed by Dr. Jitendra Chicholkar, Associate Professor, Index Nursing College on "Building and Maintaining Strong Relationships ". The third day session was wound up at 4:00 pm.

On the fourth day, the first session was given by Dr. Reena thakur, Professor, Index Nursing College on "Overcoming Procrastination and Boosting Motivation ". The session was followed by break of 15 minutes. The second session of the day was on " Stress Management for Personal and Professional Growth " and the speaker was Dr. Bidyani Devi, Professor, Index Nursing College. The session was followed by lunch break. The afternoon session was headed by Dr. Jitendra Chicholkar, Associate Professor, Index Nursing College " Art of Decision Making: Making the Right Choices ". The fourth day session was wound up at 4:00 pm

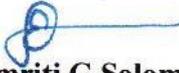
On the fifth day, the first session was given by Dr. Anu V. Kumar, Professor, Index Nursing College on " Developing a Growth Mindset for Success ". The session was followed by a break of 15 minutes. The second session of the day was on " Improving Interpersonal Skills and Building Rapport " and the speaker was Dr. Bidyani Devi, Professor, Index Nursing College. The session was followed by lunch break. The afternoon session was headed by Dr. Jitendra

  
Principal  
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INDORE (M.P.)

  
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Chicholkar, Associate Professor, Index Nursing College on "Role of Appearance and Body Language in Personality Development ". Public speaking session was effectiveness of the program.

The program was concluded by a valedictory session. Miss. Twinkal parikh ,Tutor/Clinical Instructor proposed vote of thanks to all the speakers ,organizers and the delegates. The fifth day session was wined up at 4:00 pm. The program was a great success with the hard work of all the organizers.

  
**Dr. Smriti G Solomon**  
**Principal**  
**Index Nursing College**

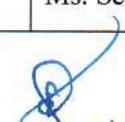
**Principal**  
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**Indore (M.F.)**

**INDEX NURSING COLLEGE  
ATTENDANCE SHEET  
TRAINING PROGRAM PARSANALITY MANAGMENT**

**DATE :- 13-05-2024 TO 17-05-2024**

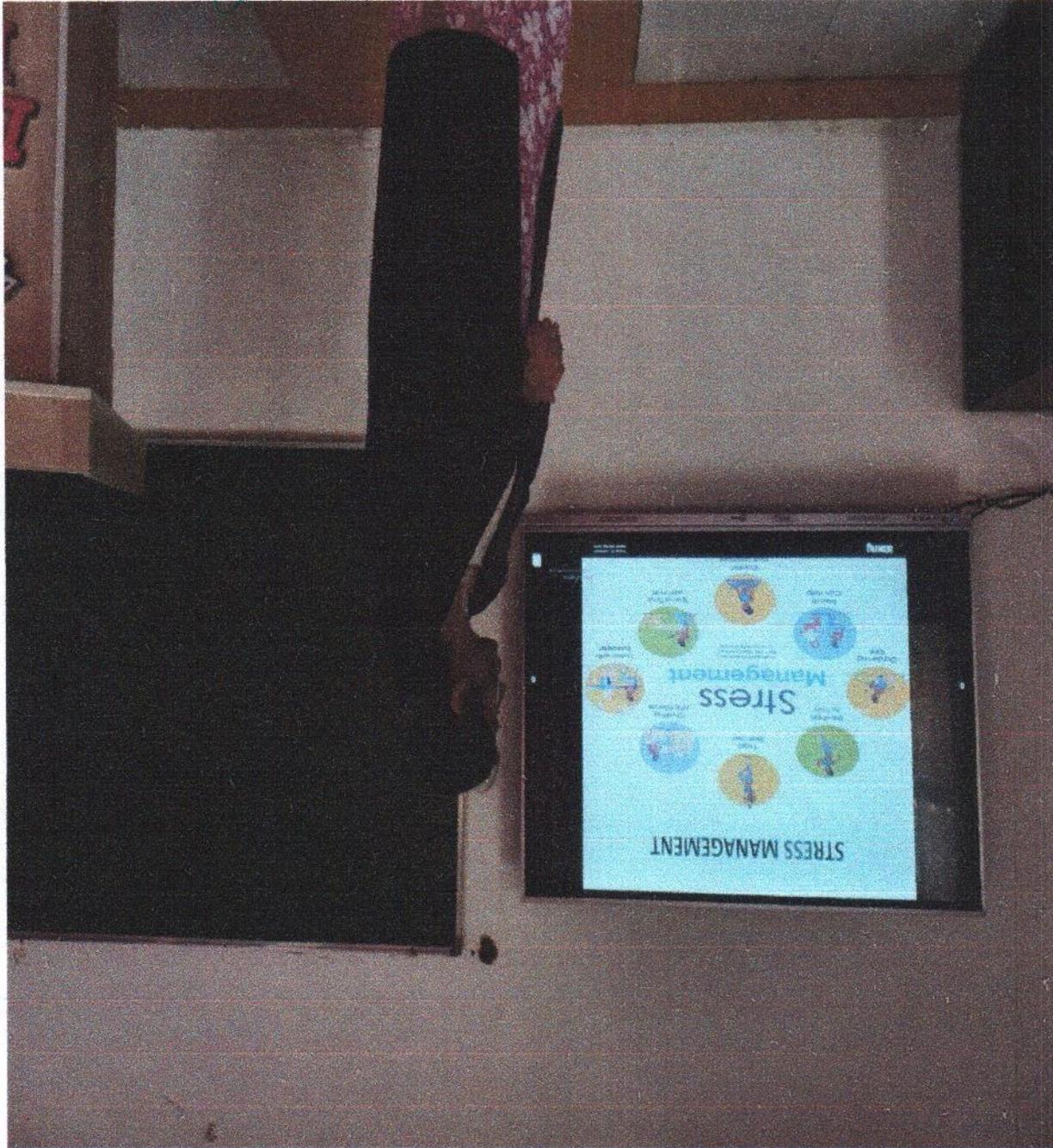
S.NO	Name
1	Mr. Deepak Mishra
2	Mr. Hari Singh Tanwar
3	Mr. Rahul Panchal
4	Mrs. Sarika Tripathi
5	Mrs. Anita Agnihotri
6	Mr. Sanjay Verma
7	Vijay Gujre
8	Mr. Sunil Chouhan
9	Mr. Kamal Bamniya
10	Mr Bharat Bamniya
11	Mr Vijay Jatav
12	Mr. Kishor Rathore
13	Mr. Ram Choudhary
14	Mr. Yogesh Gujrati
15	Mr. Anil Solanki
16	Mrs. Neetu Solanki
17	Mr. Suraj Malviya
18	Mr. Bijendrabahadur Singh
19	Ms Laxmi Bai
20	Ms. Seema Bai

  
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Indore (M.P.)**

**TRAINING PROGRAM ON PERSONALITY DEVELOPMENT**

**Date- 13-05-2024 TO 17-05-2024**

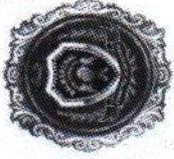


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(Constituent Unit of Malwanchal University, Indore, M.P.)

## Certificate

This is to certify that

**Ms. Seema Bai**

successfully completed training program on  
**“Personality Development”** as delegate  
from 13-05-2024 to 17-05-2024

  
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Organizing Chairperson  
**Dr. Smriti G. Solomon**  
Principal, Index Nursing College

  
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Organizing Secretary  
**Mr. Jitendra Chicholkar**  
Professor, Community Health Nursing  
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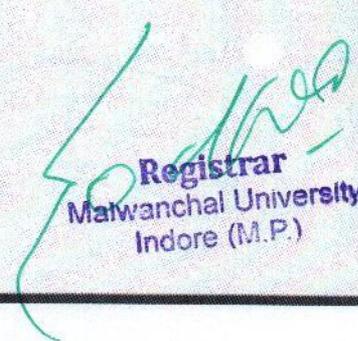
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## Certificate

This is to certify that

**Ms Laxmi Bai**

successfully completed training program on  
**“Personality Development”** as delegate  
from 13-05-2024 to 17-05-2024

  
Registrar  
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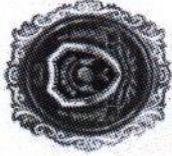
  
Organizing Chairperson  
**Dr. Smriti G. Solomon**  
Principal, Index Nursing College

  
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Organizing Secretary  
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## *Certificate*

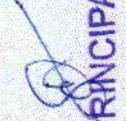
This is to certify that

**Mr. Bijendrabahadur Singh**

successfully completed training program on  
**“Personality Development”** as delegate  
from 13-05-2024 to 17-05-2024

  
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**Dr. Smriti G. Solomon**  
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Professor, Community Health Nursing  
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## *Certificate*

This is to certify that

**Mr. Suraj Malviya**

successfully completed training program on  
**“Personality Development”** as delegate  
from 13-05-2024 to 17-05-2024

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Principal, Index Nursing College, **INDEX NURSING COLLEGE**  
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**PRINCIPAL**

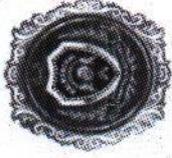
Organizing Secretary

**Mr. Jitendra Chicholkar**

Professor, Community Health Nursing  
Index Nursing College



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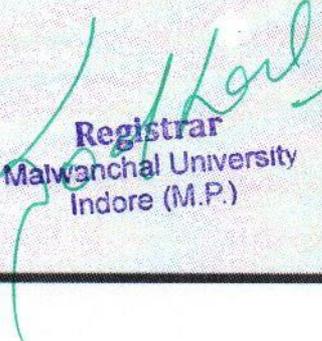
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## *Certificate*

This is to certify that

**Mrs. Neetu Solanki**

successfully completed training program on  
**“Personality Development”** as delegate  
from 13-05-2024 to 17-05-2024

  
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**Dr. Smriti G. Solomon**  
Principal, Index Nursing College

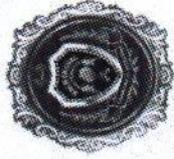
  
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Organizing Secretary  
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(Constituent Unit of Malwanchal University, Indore, M.P.)

## *Certificate*

This is to certify that

**Mr. Anil Solanki**

successfully completed training program on  
“**Personality Development**” as delegate  
from 13-05-2024 to 17-05-2024

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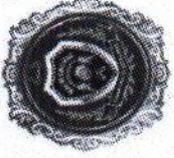
Organizing Chairperson  
**Dr. Smriti G. Solomon**  
Principal, Index Nursing College

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Organizing Secretary  
**Mr. Jitendra Chicholkar**  
Professor, Community Health Nursing  
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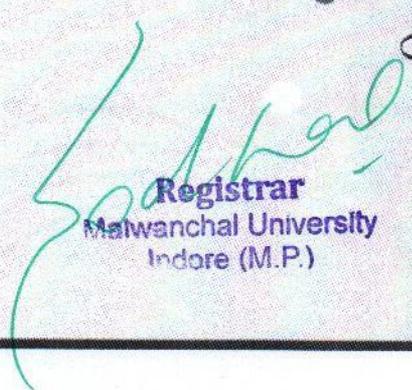
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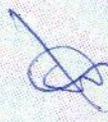
This is to certify that

**Mr. Yogesh Gujrati**

successfully completed training program on  
**“Personality Development”** as delegate  
from 13-05-2024 to 17-05-2024

  
**Registrar**  
Malwanchal University  
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**Dr. Smriti G. Solomon**  
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**Mr. Jitendra Chicholkar**  
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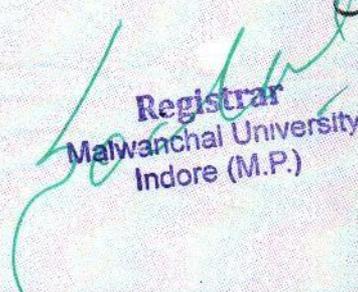
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## Certificate

This is to certify that

**Mr. Ram Choudhary**

successfully completed training program on  
**“Personality Development”** as delegate  
from 13-05-2024 to 17-05-2024

  
Registrar  
Malwanchal University  
Indore (M.P.)

  
Organizing Chairperson  
**Dr. Smriti G. Solomon**  
Principal, Index Nursing College  
INDORE (M.P.)

  
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## *Certificate*

This is to certify that

**Mr. Kishor Rathore**

successfully completed training program on  
**“Personality Development”** as delegate  
from 13-05-2024 to 17-05-2024

**Registrar**  
Malwanchal University  
Indore (M.P.)

Organizing Chairperson  
**Dr. Smriti G. Solomon**

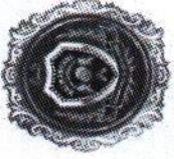
Principal, Index Nursing College

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INDORE (M.P.)

Organizing Secretary  
**Mr. Jitendra Chicholkar**  
Professor, Community Health Nursing  
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(Constituent Unit of Malwanchal University, Indore, M.P.)

## Certificate

This is to certify that

**Mr Vijay Jatav**

successfully completed training program on  
**“Personality Development”** as delegate  
from 13-05-2024 to 17-05-2024

Registrar  
Malwanchal University  
Indore (M.P.)

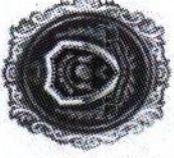
Organizing Chairperson  
**Dr. Smriti G. Solomon**  
Principal, Index Nursing College

Organizing Secretary  
**Mr. Jitendra Chicholkar**  
Professor, Community Health Nursing  
Index Nursing College

PRINCIPAL  
INDEX NURSING COLLEGE  
INDORE (M.P.)



# INDEX NURSING COLLEGE MALWANCHAL UNIVERSITY



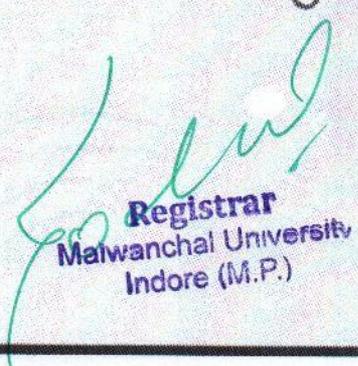
GRAM MORODHAT, NEMAWAR ROAD, POST BAVLIYA KHURD, INDORE, MADHYA PRADESH-452016  
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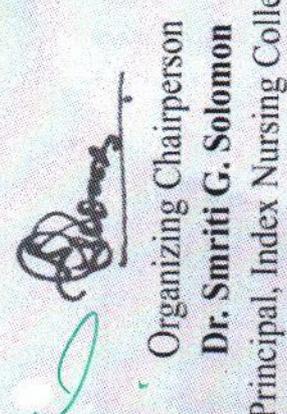
## *Certificate*

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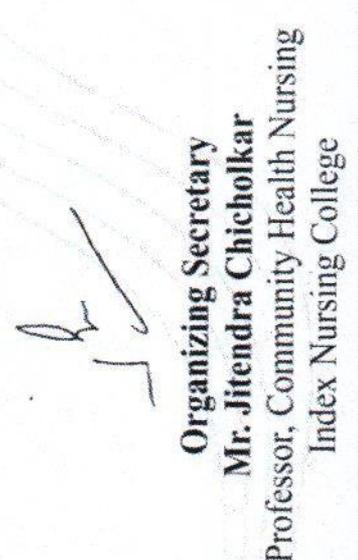
**Mr Bharat Bamniya**

successfully completed training program on  
**“Personality Development”** as delegate  
from 13-05-2024 to 17-05-2024

  
**Registrar**  
Malwanchal University  
Indore (M.P.)

  
Organizing Chairperson  
**Dr. Smriti G. Solomon**  
Principal, Index Nursing College

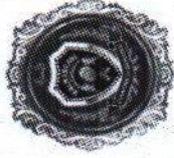
  
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INDEX NURSING COLLEGE  
INDORE (M.P.)

  
Organizing Secretary  
**Mr. Jitendra Chicholkar**  
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Index Nursing College



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(Constituent Unit of Malwanchal University, Indore, M.P.)



## Certificate

This is to certify that

**Mr. Kamal Bamniya**

successfully completed training program on  
“**Personality Development**” as delegate  
from 13-05-2024 to 17-05-2024

  
Registrar  
Malwanchal University  
Indore (M.P.)



Organizing Chairperson  
**Dr. Smriti G. Solomon**  
Principal, Index Nursing College

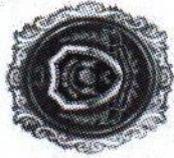
  
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## *Certificate*

This is to certify that

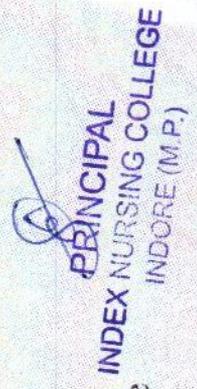
**Mr. Sunil Chouhan**

successfully completed training program on  
**“Personality Development”** as delegate  
from 13-05-2024 to 17-05-2024

  
Registrar  
Malwanchal University  
Indore (M.P.)



Organizing Chairperson  
**Dr. Smriti G. Solomon**  
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## Certificate

This is to certify that

**Vijay Gujre**

successfully completed training program on  
**“Personality Development”** as delegate  
from 13-05-2024 to 17-05-2024

  
Registrar  
Malwanchal University  
Indore (M.P.)

  
Organizing Chairperson  
**Dr. Smriti G. Solomon**  
Principal, Index Nursing College

  
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This is to certify that

**Mrs. Sarika Tripathi**

successfully completed training program on  
**“Personality Development”** as delegate  
from 13-05-2024 to 17-05-2024

  
Registrar  
Malwanchal University  
Indore (M.P.)



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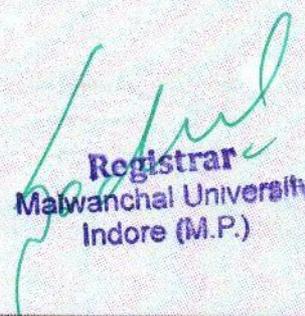


## Certificate

This is to certify that

**Mr. Rahul Panchal**

successfully completed training program on  
“**Personality Development**” as delegate  
from 13-05-2024 to 17-05-2024

  
Registrar  
Malwanchal University  
Indore (M.P.)

  
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## *Certificate*

This is to certify that

**Mr. Hari Singh Tanwar**

successfully completed training program on  
**“Personality Development”** as delegate  
from 13-05-2024 to 17-05-2024

*[Signature]*  
Registrar  
Malwanchal University  
Indore (M.P.)

*[Signature]*  
Organizing Chairperson  
**Dr. Smriti G. Solomon**  
Principal, Index Nursing College

*[Signature]*  
**PRINCIPAL**  
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INDORE (M.P.)

*[Signature]*  
Organizing Secretary  
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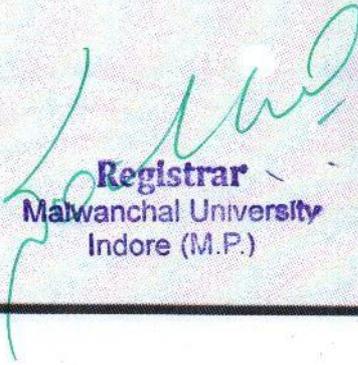
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(Constituent Unit of Malwanchal University, Indore, M.P.)

## Certificate

This is to certify that

**Mr. Deepak Mishra**

successfully completed training program on  
**“Personality Development”** as delegate  
from 13-05-2024 to 17-05-2024

  
**Registrar**  
Malwanchal University  
Indore (M.P.)



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**Dr. Smriti G. Solomon**  
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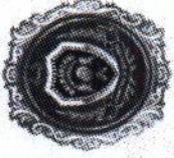
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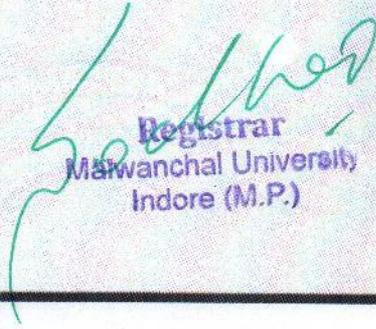


## Certificate

This is to certify that

**Mr. Sanjay Verma**

successfully completed training program on  
**“Personality Development”** as delegate  
from 13-05-2024 to 17-05-2024

  
Registrar  
Malwanchal University  
Indore (M.P.)



Organizing Chairperson  
**Dr. Smriti G. Solomon**

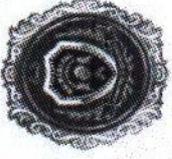
Principal, Index Nursing College  
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INDORE (M.P.)



Organizing Secretary  
**Mr. Jitendra Chicholkar**  
Professor, Community Health Nursing  
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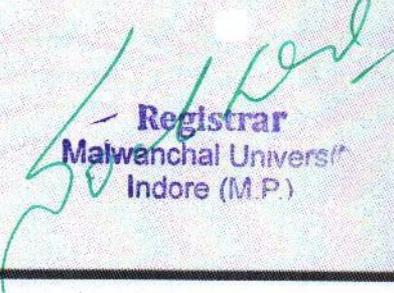
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(Constituent Unit of Malwanchal University, Indore, M.P.)

## *Certificate*

This is to certify that

**Mrs. Anita Agnihotri**

successfully completed training program on  
**“Personality Development”** as delegate  
from 13-05-2024 to 17-05-2024

  
Registrar  
Malwanchal University  
Indore (M.P.)

  
Organizing Chairperson  
**Dr. Smriti G. Solomon**  
Principal, Index Nursing College  
Indore (M.P.)

  
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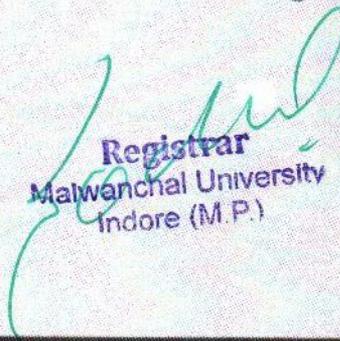


## *Certificate*

This is to certify that

**Ms. Neha Prajapati**

successfully completed training program on  
**“Time Management”** as delegate  
from 08 to 12 January 2024

  
Registrar  
Malwanchal University  
Indore (M.P.)

  
Organizing Chairperson  
**Dr. Smriti G. Solomon**  
Principal, Index Nursing College

  
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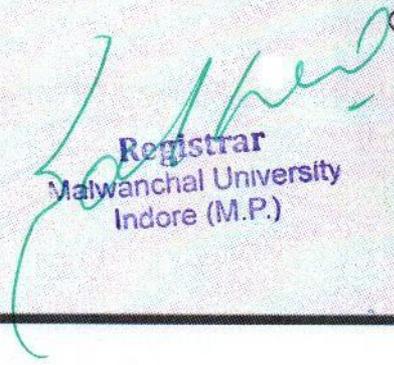


## Certificate

This is to certify that

**Mr. Jitendra Kumar Meena**

successfully completed training program on  
**“Time Management”** as delegate  
from 08 to 12 January 2024

  
Registrar  
Malwanchal University  
Indore (M.P.)

  
Organizing Chairperson  
**Dr. Smriti G. Solomon**  
Principal, Index Nursing College

  
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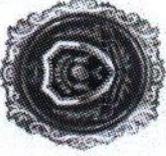


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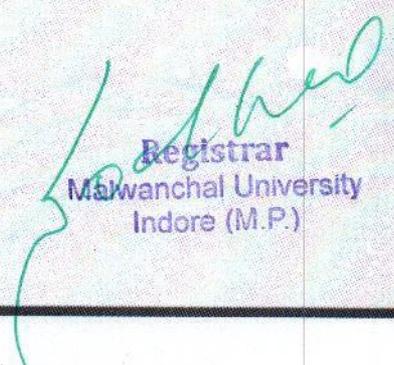


## Certificate

This is to certify that

**Ms. Meera Katare**

successfully completed training program on  
“**Time Management**” as delegate  
from 08 to 12 January 2024

  
Registrar  
Malwanchal University  
Indore (M.P.)

  
Organizing Chairperson  
**Dr. Smriti G. Solomon**  
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INDORE (M.P.)

  
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Organizing Secretary  
**Mr. Jitendra Chicholkar**  
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