



Malwanchal University

(A Private State University Established by the Madhya Pradesh
Niji Vishwavidhyalaya Adhiniyam No. 17 of 2017) Registration No. MPPU20

Index Institute of Pharmacy

Ref.No. MU/IIIP/PO/2024/10

Date: 10/02/2024

CIRCULAR

This is to inform you all that our institute will organise Four day seminar on "Self-Development" from 14/02/2024 to 17/02/2024.

All students of Pharmacy Institute have to attend sessions regularly.

Topic: **Self-Development**


Venue: Index institute of Dental science, Auditorium.

Time: 11:00 to 13:00 hrs.

Sr. no	Particular	In Hrs.
01	Lecture	11:00 to 13:00
02	Lunch Break	13:00 to 14:00
03	Continue the topic	14:15 to 15:45

Speaker Name:


Sr. no	Speaker Name	Day
01	Dr. Praveen Sharma	1 st
02	Dr. Praveen Sharma	2 nd
03	Dr. Suman Gahlod	3 rd
04	Dr. Suman Gahlod	4 th


Dr. Javed Khan Pathan
Principal

CC:

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Malwanchal University
Indore (M.P.)


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Index Institute of Pharmacy
Malwanchal University,
INDORE

Campus: Index City, Nemawar Road, NH-59A, Indore, M.P.- 452016
Contact No.:- 0731 4215757, 0731 4044715

MALWANCHAL UNIVERSITY, INDORE



INDEX INSTITUTE OF PHARMACY

Index city, NH-59A, Nemawar Road Indore,
Madhya Pradesh

VALUE ADDED COURSE

TOPIC SELF DEVELOPMENT



CONCEPT

The Self-Development course focuses on enhancing an individual's personal growth through self-awareness, goal setting, and behavior modification. It introduces techniques for improving one's mental, emotional, and interpersonal skills, providing a framework to achieve personal and professional success.

MODULE

- Introduction to Self-Development
- Self-Awareness and Emotional Intelligence
- Goal Setting and Time Management
- Building Confidence and Self-Esteem
- Leadership and Personal Effectiveness
- Work-Life Balance and Stress Management

LEARNING OBJECTIVES

The Self-Development course enhances personal growth through self-awareness, goal setting, and behavior modification for personal and professional success.

LEARNING OUTCOMES

- Set realistic, measurable, and time-bound goals for personal and professional growth.
- Enhance your verbal and non-verbal communication skills.
- Develop strategies for managing stress, anxiety, and challenges
- Learn to inspire and motivate others through self-leadership.
- Achieve a balanced lifestyle that nurtures both personal well-being and career success.

SCHEDULE

Contact person: Event coordinators
Resource person: Dr. Javed Khan Pathan
Date: 14-02-2024-17/02-2024
Venue: Room no. 02 (IIP)

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Index INSTITUTE OF PHARMACY
REPORT ON "SELF DEVELOPMENT"

Date: 21/02/2024

A Value Added Course on "**Self-Development**" was conducted between 14/02/2024 to 17/02/2024, at Lecture hall no. 1 of Index Institute of Pharmacy, Indore.

The course was for the students of B. pharmacy to be conscious and aware about problem solving ability.

The programme was scheduled for 16 Hrs from 14/02/2024 to 17/02/2024.

1. Factors which helps in shaping personality
2. Factor influencing personality developments
3. Stability of personality
4. Importance of personality developments and ways to impress personality

Day first- started with introduction on the Factors which helps in shaping personality. The session was conducted by the Dr. Praveen Sharma, Acropolis of science and technology, Indore in which he explained about the

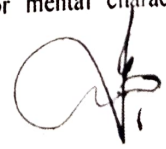
What are the factors shaping personality?

- Parental Influence.
- Home Environment.
- School Environment.
- Culture
- Family Treatment.
- Mass Media and Social Media.

Day Second - Dr. Praveen Sharma, Acropolis of science and technology, Indore was the resource person and delivered his lecture on Factors which helps in shaping personality.

There are three main influences on personality development that we are going to look at in this lesson. Those are heredity: The passing on of physical or mental characteristics genetically from one generation to another.


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Day Third- Dr. Suman Gahlod, Parijhat University, Indore. was the resource person and delivered his lecture on Stability of personality . Personality stability is the result of the interplay between the individual and her/his environment.

People with personal stability are more confident. They are safe places for themselves and other people.

Last day of the session was again taking by Dr. Suman Gahlod, Parijhat university, Indore, in which he explained about the Importance of personality developments ways to impress personality.

Personality development helps you gain recognition and acceptance from the society as well as people around. Personality development plays an essential role not only in an individual's professional but also personal lives. It makes an individual disciplined, punctual and an asset for his/her organization.

It helps gain confidence, self-esteem, and positive impact on one's communication skills. Students should develop an outgoing and impressive personality that will enhance the quality of learning.

The participants were given a few worksheets on these areas and their performance was evaluated.

In the last part of the workshop, a few participants gave their feedback explaining how the program helped them improve their personality.

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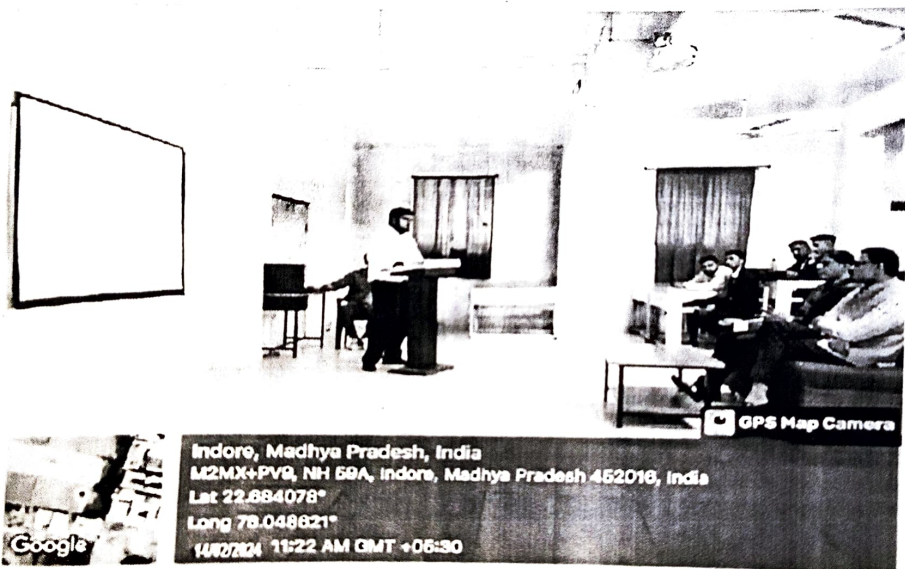


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Photos on Self Development Seminar



Session in Progress by Eminent Speaker Dr. praveen on Factors which helps in shaping personality



Conduction of session by Speaker Stability of personality

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Attendance

DATE: 10/2/24

Topic: 'Self Development'

Sr. No	Name	Signature
1	Butik Yadav	Butik
2	Milhil Yadav	Milhil Yadav
3	Vaibhav Pratap Singh	Singh
4	Gagan	Gagan
5	Piyush Chauhan	Piyush
6	Aman Dixit	Aman
7	Amish	Amish
8	Abhinav	Abhinav
9	Anam Thakur	Anam
10	Shri Raj	Shri Raj
11	Aashil	Aashil
12	Priyanka	Priyanka
13	Kalyani Yadav	Kalyani
14	Aman Patel	Aman
15	Krishna Yadav	Krishna
16	Mangal Sankar	Mangal
17	Adarsh Kishore	Adarsh
18	Govind Kumar	Govind
19	Ammy Amadiya	Ammy
20	Sachin Patel	Sachin
21	Mangal Patel	Mangal
22	Shubham	Shubham
23	Megha Sankar	Megha
24	Anamika Patel	Anamika
25	Shruti Dixit	Shruti
26	Shweta Parmar	Shweta
27	Vishal Thakur	Vishal
28	Piyush Yadav	Piyush
29	Vijay Sankar	Vijay
30	Piyush	Piyush
31	Bhavana Marathe	Bhavana
32	Rishabh Patel	Rishabh
33	Mukesh Kumar	Mukesh
34	Sachin	Sachin
35	Pankaj	Pankaj

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