



Jaspuria B.Ed. College

Bisa, Getalsud, Angara, Ranchi-835103

Program Report

One-Day Workshop on “Personality Development”

Date:23/06/2026

A One-Day Workshop on “**Personality Development**” was successfully organized at the **Seminar Hall of Jaspuria B.Ed. College, BISA, Getalsud, Ranchi**, with the objective of enhancing the personal and professional competencies of B.Ed. trainees. The workshop was designed to help students develop self-confidence, effective communication skills, leadership qualities, emotional intelligence, positive thinking, and overall personality traits essential for becoming successful teachers and responsible citizens. The event witnessed enthusiastic participation from the faculty members and students of the B.Ed. Session 2025–27.

The workshop was conducted by **Dr. Praveen Singh Kushwaha, Professor In-Charge, Jaspuria B.Ed. College, BISA, Ranchi**, who served as the Resource Person for the programme. In his insightful and interactive session, Dr. Kushwaha elaborated on the concept, significance, and various dimensions of personality development. He emphasized that personality is not merely related to outward appearance or dressing style; rather, it encompasses an individual's thoughts, attitudes, values, behaviour, emotional stability, communication abilities, and interpersonal relationships. He explained that personality development is a continuous process of self-improvement that helps individuals achieve success in both personal and professional spheres of life.

During the workshop, Dr. Kushwaha highlighted the importance of **self-awareness** as the foundation of personality development. He encouraged students to identify their strengths, weaknesses, opportunities, and areas for improvement in order to achieve their full potential. He stressed that self-awareness enables individuals to make informed decisions, build confidence, and set realistic goals for their future. Through practical examples and real-life situations, he motivated students to develop a positive self-image and maintain a growth-oriented mindset.

A significant portion of the session focused on **self-confidence and positive thinking**. Dr. Kushwaha explained that confidence is one of the most important attributes of a successful personality. He advised students to believe in their abilities, overcome fear and hesitation, and view failures as opportunities for learning and growth. He shared inspiring examples of renowned personalities who achieved remarkable success through determination, perseverance, and self-belief despite facing numerous challenges. His motivational insights encouraged participants to cultivate optimism and resilience in their daily lives.

The workshop also provided extensive guidance on **effective communication skills**, which are crucial for prospective teachers. Dr. Kushwaha discussed the importance of verbal and non-verbal communication, active listening, clarity of expression, body language, and public speaking skills. He emphasized that teachers must be effective communicators as their ability to interact confidently and clearly has a direct impact on students' learning and development. Participants were encouraged to practice active listening, maintain appropriate eye contact, and communicate with confidence and professionalism.

Another important theme of the workshop was **Emotional Intelligence and Stress Management**. Dr. Kushwaha explained that emotional intelligence enables individuals to understand and manage their emotions effectively while maintaining healthy interpersonal relationships. He discussed strategies for controlling stress, handling difficult situations, and maintaining emotional balance in both academic and professional environments. Students were advised to adopt positive coping mechanisms, practice self-discipline, and develop empathy towards others to achieve personal and professional success.

The session further covered the topics of **Time Management and Goal Setting**, emphasizing their role in achieving academic excellence and career growth. Dr. Kushwaha guided participants on prioritizing tasks, utilizing time effectively, avoiding procrastination, and setting SMART (Specific, Measurable, Achievable, Relevant, and Time-bound) goals. He highlighted that effective time management enhances productivity, reduces stress, and helps individuals achieve their objectives systematically.

The Resource Person also discussed the significance of **Leadership Skills and Teamwork** in personality development. He explained that leadership is not limited to holding a position of authority but involves inspiring, motivating, and guiding others through positive actions and responsible behaviour. He encouraged students to develop qualities such as decision-making ability, accountability, cooperation, empathy, and problem-solving skills. The participants were motivated to become future educators who can positively influence society through effective leadership and ethical conduct.

To make the workshop more engaging and participatory, various interactive activities, group discussions, self-assessment exercises, and question-answer sessions were conducted. Students actively participated in these activities and shared their experiences, views, and aspirations. The interactive nature of the programme enabled participants to reflect on their personal strengths and areas requiring improvement. The workshop provided a platform for meaningful interaction and learning, allowing students to gain practical insights into personality enhancement.

The participants expressed their appreciation for the workshop and described it as highly informative, motivating, and beneficial. They acknowledged that the programme helped them understand the importance of self-confidence, communication skills, emotional intelligence, leadership qualities, and positive thinking in achieving personal and professional success. Many students shared that they gained valuable strategies for improving their personality and preparing themselves for future challenges as educators.

The programme concluded with a formal vote of thanks delivered by **Dr. Prabha Henry, Assistant Professor**, who expressed sincere gratitude to **Dr. Praveen Singh Kushwaha** for his enlightening and inspiring presentation. She also thanked the Principal, faculty members, organizing committee, and all participants for their active involvement and cooperation in making the workshop a grand success. The workshop proved to be a highly enriching learning experience and significantly contributed to the holistic development of the B.Ed. trainees. It successfully inspired students to strive for continuous self-improvement and to build a confident, positive, and professional personality for a successful future.

