

Personality Development programme

Date: 20-1-2024

Venue: Loyola hall

Time: 11:00 am to 12:15 pm

Objective: A session on personality development and life skills for girls by Nafisa Nazneen an expert Soft skill & Communication trainer.

Report:

Loyola Academy in collaboration with its Women cell under the administration of Mrs. V. Nagalakshmi, Women cell coordinator, Placement cell under the administration of Mr. Divakaran Anand, Placement officer, Mr. Norman Bennis, Placement officer, Ms. Edward



Marina, Placement officer and Student council organised a session for the female students, to enlighten them on the essence of developing their personality and life skills to help them grow as an individual. Rev. Fr. Dr. L. Joji Reddy, Principal Loyola Academy, President Xavier's Board, addressed the gathering and inspired the students to create a world where their voices are heard and are valued. Ma'am is an expert Soft skill & Communication trainer, Interview skills &

Behavioural skills, Corporate & Presentation etiquette Trainer. She is also an expert NLP Practitioner, Cognitive Behaviour Therapist, Transactional Analyst, along with being a certified meditation teacher for mindfulness chakra and also a certified yoga teacher. Ma'am began the programme by rightfully saying that we are all stars, and stars are meant to shine. After an interactive session with the audience on being a star, ma'am spoke on the need for one to develop ones personality. Ma'am in her session said that, "personality is all about ones appearance, body language and communication." Personality development is a lifelong process that encompasses various aspects of an individual's emotional, social, and psychological well-being. It involves cultivating positive traits, enhancing ones communication skills, and also fostering a strong sense of self-awareness. Development of ones personality is essential for personal and professional success, as it influences the way an individual would interact with others, navigate challenges, and pursue their goals. Ma'am also threw light on menstrual hygiene and how important it is to maintain good hygiene during the menstrual cycle. Proper hygiene practices, such as regular changing of sanitary



products, washing hands, and maintaining cleanliness in the genital area, helps in preventing infections and ensures comfort during this natural biological process. Educating girls about menstrual hygiene does not only promote physical well-being but also contributes to breaking societal taboos and fostering a more open and supportive environment for discussions around women's health. Ma'am also addressed and bursted few myths around menstrual cycle. Ma'am also shared an anecdote of hers when she had visited Kamakhya temple that's known for its Ambubachi Mela. Ma'am also spoke on how career guidance plays a pivotal role in shaping an individual's professional journey. It involves helping individuals explore their interests, skills, and values to make informed decisions about their career paths. Providing access to resources, mentorship, and counseling assists individuals in setting realistic goals, identifying suitable career options, and developing the necessary skills for success in their chosen fields. Career guidance is an ongoing process that adapts to changing circumstances, helping individuals navigate through the dynamic landscape of the job market and achieve long-term career satisfaction. The audience completely agreed with ma'am as she said that," discomfort gets the best out of an individual. The vote of thanks was professed by the placement head thanking the speaker for enlightening the students on various aspects of life.

Outcome: Understanding the essence of developing ones personality and life skills to help grow both in life and career as an individual.

