



(UGC-AUTONOMOUS)

Report on “Personality Development for PG Girl students” organized by Internal Complaint Committee of MITS on 10th Feb 2022 .

Personality development encompasses the dynamic construction and deconstruction of integrative characteristics that distinguish an individual in terms of interpersonal behavioral traits. Personality development is ever-changing and subject to contextual factors and life-altering experiences.

College plays an important role in the personality development of students. This is the need of the hour as it is essential for the holistic development of children and their survival in this competitive world.

On 10th February 2022, a session conducted by Dr. K. V. Geetha Devi on Personality Development for PG girls in MITS. She started the session with a very creative introductory session, where students had to introduce themselves in a novel way. They had to either mention an adjective or a quote or song which best describes them. They could also explain the meaning of their names (without revealing the names) thereby giving an opportunity to the others to guess the names! It was an enjoyable ice-breaking exercise and it was observed that students were quite engrossed in the exercise.

Students were also given tips on how to increase their self-esteem. They were also encouraged to be optimistic and to have a positive approach about everything in life. Most importantly, it was emphasized that they should love themselves and never lose confidence.

The next activity was an interesting game called ‘the animal game’. In this, the students were asked to write down the names of their three favorite animals in order of their preference. They were also supposed to write the reasons why those particular animals were dear to them. After the students had completed the task, they were told that the characteristics of the third animal that they had named describes the reality of what they are! The characteristics of the second animal is what we try to present and the traits of the first animal is what we idolize and pine to become. Most of the students were able to identify themselves with the activity.



